



Day 4

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

Day 5

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

C \_\_\_\_\_

Commitment

Creativity

Care

Confidence

Community

\_\_\_\_\_’s  
**5 a day Challenge!**

At the end of each day, write a sentence describing what you have done to show each of the 5 C’s. It might be that you have more than one for some of them and other days you might not have something for one of them...let that be your challenge for the next day!



Day 1  
My C of the day is \_\_\_\_\_.

Day 2  
My C of the day is \_\_\_\_\_.

Day 3  
My C of the day is \_\_\_\_\_.

Care Creativity Commitment  
Confidence Community  
\_\_\_\_\_s

## 5 a day Challenge!

At the end of each day, , draw a picture of you being/doing on of the 5 Cs  
Extra challenge: can you draw a picture of you showing more than one?

Day 5  
My C of the day is \_\_\_\_\_.

Day 4  
My C of the day is \_\_\_\_\_.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

Day 3 - Creativity

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

Day 2 - Community

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

Day 1 - Confidence

Day 4 - Commitment

I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day 5 - Care

I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Care Creativity Commitment  
Confidence Community

\_\_\_\_\_s

## 5 a day Challenge!

Each morning, write a promise to yourself relating to the C of the day. How are you going to be that C? How can you show that with your actions?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have \_\_\_\_\_

Day 3 - Creativity

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have \_\_\_\_\_

Day 2 - Community

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have \_\_\_\_\_

Day 1 - Confidence

Day 4 - Commitment

I have \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day 5 - Care

I have \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Care Creativity Commitment  
Confidence Community

\_\_\_\_\_’s

## 5 a day Challenge!

Each evening, write a sentence explaining how you have shown the C of the day.