

Provided as a service to medicine by



Item number: CON/09-0080-615077

Date of preparation: August 2009

Mood diary

Property of _____



Stick your
picture here



How to use this mood diary

This mood diary can help parents, teachers, doctors and younger children keep track of their progress and identify both problems and successes.

At home in the evening, the child simply sticks in a happy or sad face in the “School” and “Home” boxes, to show whether they have had a good time or bad time overall. On weekdays, “School” means the school day, and “Home” means the afternoon and evening after school. At weekends, there are places for “Morning” and “Afternoon/Evening”.

Parents, teachers and the child themselves can add comments at any time. Completed diaries for one or more weeks may be useful when the child sees the doctor.

THE DIARY COULD ALSO BE USED AS PART OF A REWARD SYSTEM.

EXAMPLE OPPOSITE

At the end of each day:

- 1 Think...did I have a good day or a bad day at school?
- 2 In the “School” space, stick in a face that shows how you felt during the day.
- 3 Now do the same for home time in the afternoon and evening. Stick in a face that shows how you felt.
- 4 You, your parents and teachers can write in comments.



Start date: 1st Sept

Name: Gary

Day



School



home

mon



tue



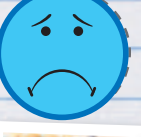
wed



thur



fri



morning



evening

sat



sun



Comments



Well done Gary! Dad

Sent out of class, persistent misbehaviour. D Tomkins

More on task today. D Tomkins
Had a tantrum at shops. mum

Good lad! mum

Forgot medicine this morning! mum

IT'S THE WEEKEND!

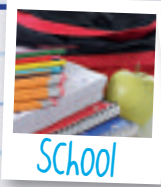
Ran off while out shopping, found with security guard. mum

What a star, covered every blade of grass v. Carlton Boys, should have had a penalty! Dad

Start date:

Name:

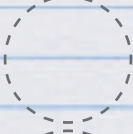
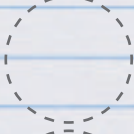
Day



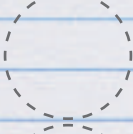
mon



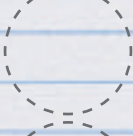
tue



wed



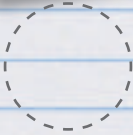
thur



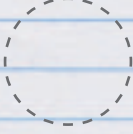
fri



sat



sun



Comments 

Handwriting practice lines for the comments section.

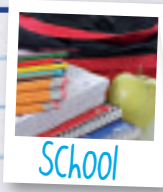
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section.

Start date:

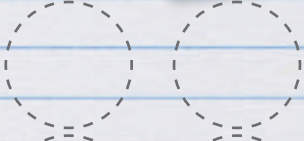
Name:

DAY

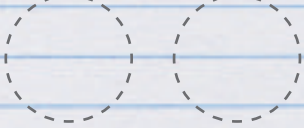


Comments 

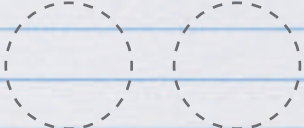
mon



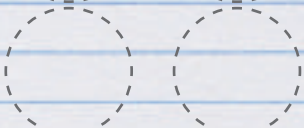
tue



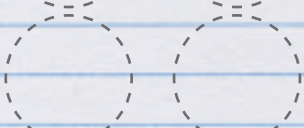
wed



thur

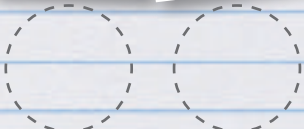


fri

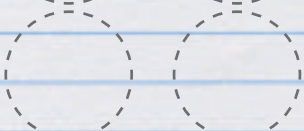


IT'S THE WEEKEND!

sat



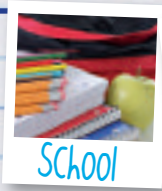
sun



Start date:

Name:

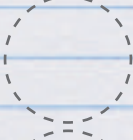
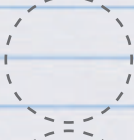
Day



mon



tue



wed



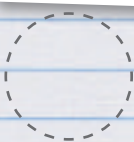
thur



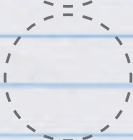
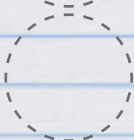
fri



sat



sun



Comments 

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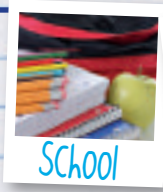
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section.

Start date:

Name:

DAY



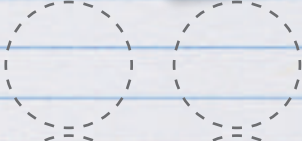
School



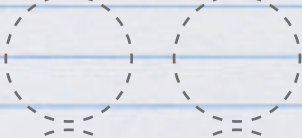
home

Comments 

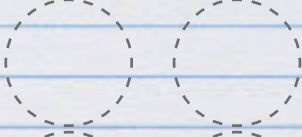
mon



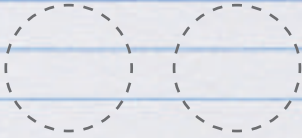
tue



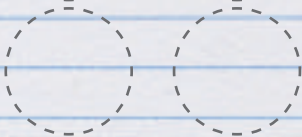
wed



thur



fri



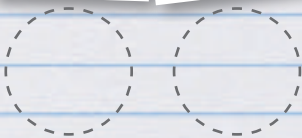
morning



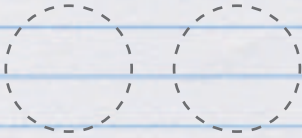
evening

IT'S THE WEEKEND!

sat



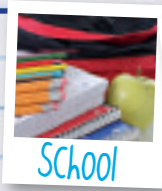
sun



Start date:

Name:

Day

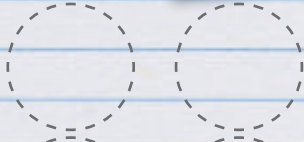


School

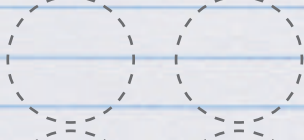


home

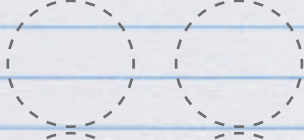
mon



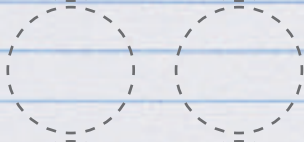
tue



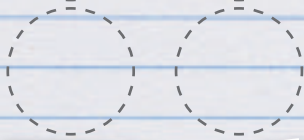
wed



thur



fri

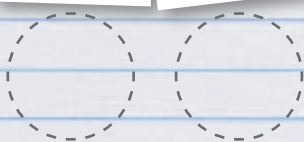


morning

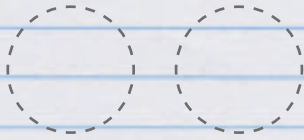


evening

sat



sun



Comments 

Five sets of horizontal dotted lines for writing comments.

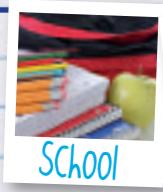
IT'S THE WEEKEND!

Two sets of horizontal dotted lines for writing on the weekend.

Start date:

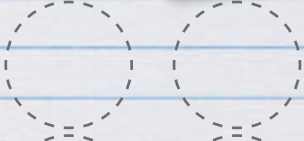
Name:

Day

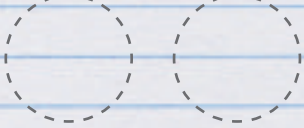


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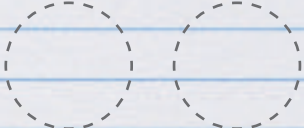
mon



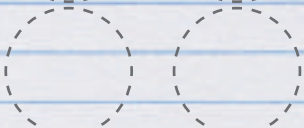
tue



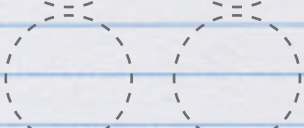
wed



thur

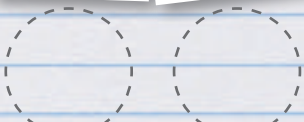


fri

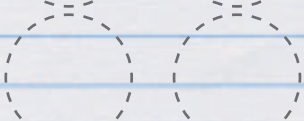


IT'S THE WEEKEND!

sat



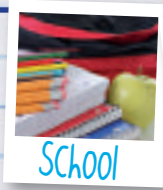
sun



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Name:

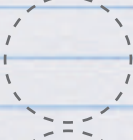
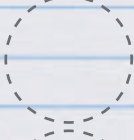
Day



mon



tue



wed



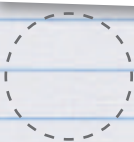
thur



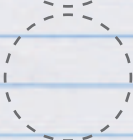
fri



sat



sun



Comments 

Handwriting practice lines for the comments section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

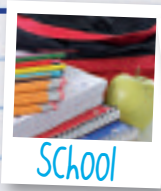
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

Start date:

Name:

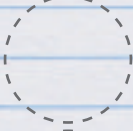
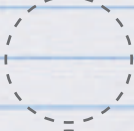
Day



mon



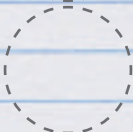
tue



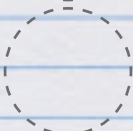
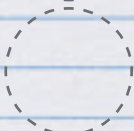
wed



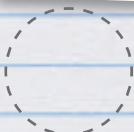
thur



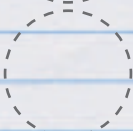
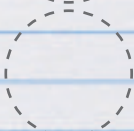
fri



sat



sun



Comments 

Handwriting practice lines for the comments section.

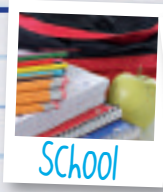
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section.

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Name:

Day

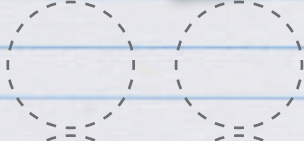


School

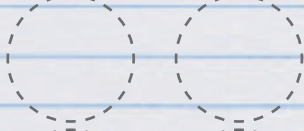


home

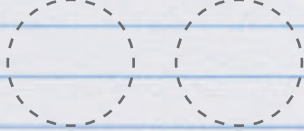
mon



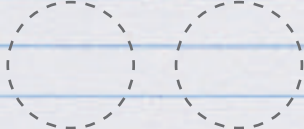
tue



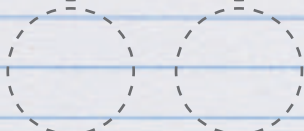
wed



thur



fri

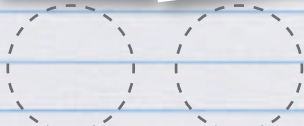


morning

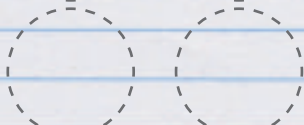


evening

sat



sun



Comments 

Five sets of horizontal dotted lines for writing comments.

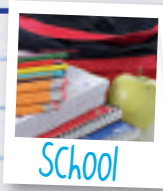
IT'S THE WEEKEND!

Two sets of horizontal dotted lines for writing on the weekend.

Start date:

Name:

Day



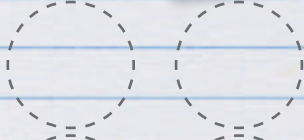
School



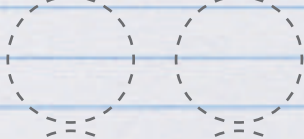
home

Comments 

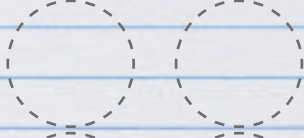
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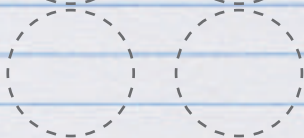
tue



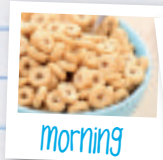
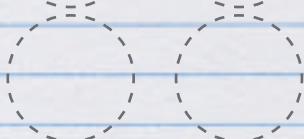
wed



thur



fri

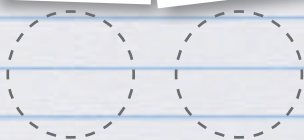


morning

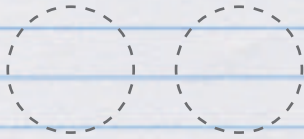


evening

sat



sun

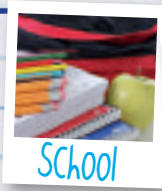


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Name:

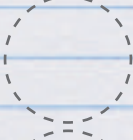
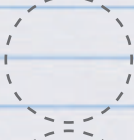
Day



mon



tue



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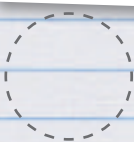
thur



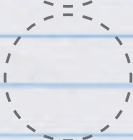
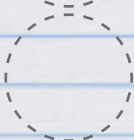
fri



sat



sun



Comments 

Handwriting practice lines for the comments section.

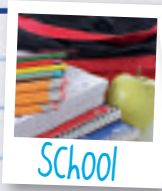
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section.

Start date:

Name:

Day

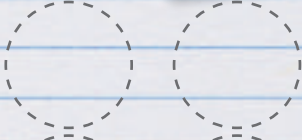


School

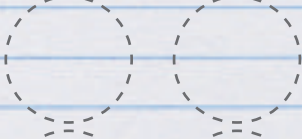


home

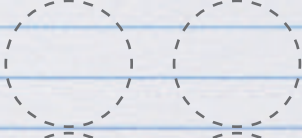
mon



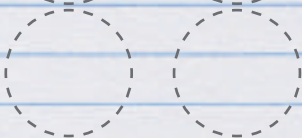
tue



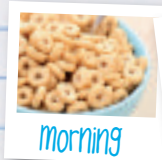
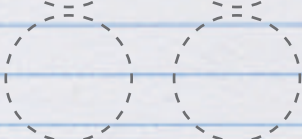
wed



thur



fri

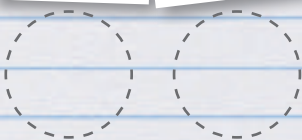


morning

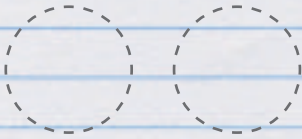


evening

sat



sun



Comments 

Handwriting practice lines for the comments section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

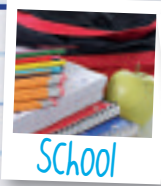
IT'S THE WEEKEND!

Handwriting practice lines for the weekend section, consisting of a solid top line, a dashed middle line, and a solid bottom line.

Start date:

Name:

Day



School

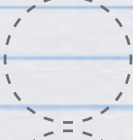
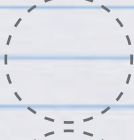


home

mon



tue



wed



thur



fri

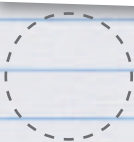


morning

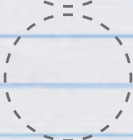


evening

sat



sun



Comments 

Five sets of horizontal dotted lines for writing comments.

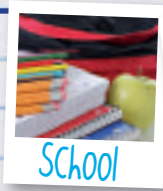
IT'S THE WEEKEND!

Two sets of horizontal dotted lines for writing notes.

Start date:

Name:

DAY



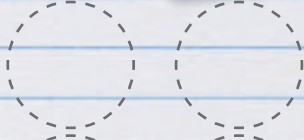
School



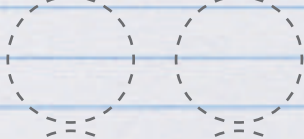
home

Comments 

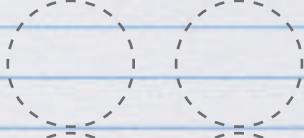
mon



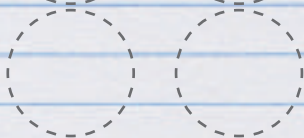
tue



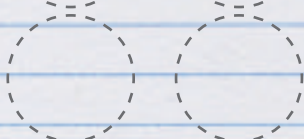
wed



thur



fri



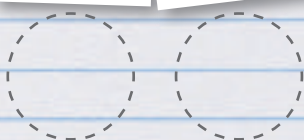
morning



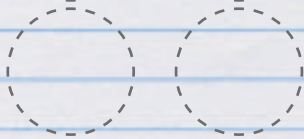
evening

IT'S THE WEEKEND!

sat



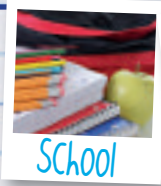
sun



Start date:

Name:

Day



School

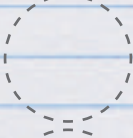
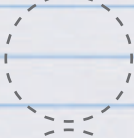


home

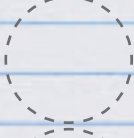
mon



tue



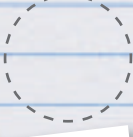
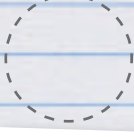
wed



thur



fri



morning



evening

sat



sun



Comments 

Five sets of horizontal dotted lines for writing comments.

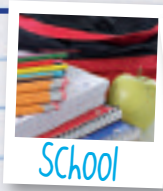
IT'S THE WEEKEND!

Two sets of horizontal dotted lines for writing.

Start date:

Name:

DAY



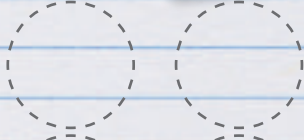
School



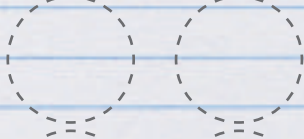
home

Comments 

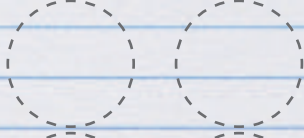
mon



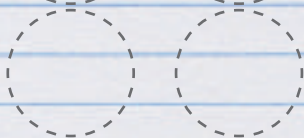
tue



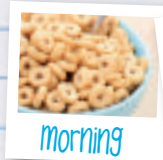
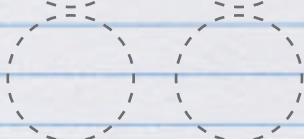
wed



thur



fri



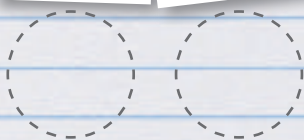
morning



evening

IT'S THE WEEKEND!

sat



sun

