

# 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:

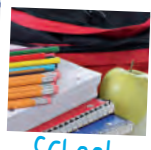
- 1 Think...did I have a good day or a bad day at school?
- 2 In the “School” space, stick in a face that shows how you felt during the day.
- 3 Now do the same for home time in the afternoon and evening. Stick in a face that shows how you felt.
- 4 You, your parents and teachers can write in comments.



Start date: 1st Sept

Name: Gary

Day



School

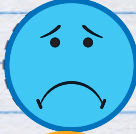


home

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:

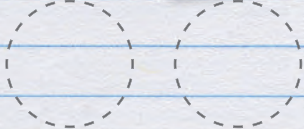
Name:

Day

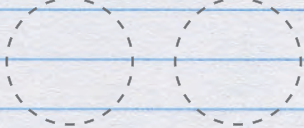


Comments 

mon



tue



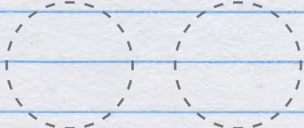
wed



thur

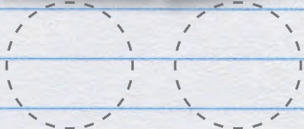


fri

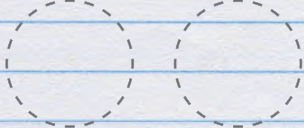


IT'S THE WEEKEND!

sat



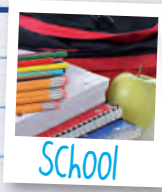
sun



Start date:

Name:

Day



School



home

Comments 

mon



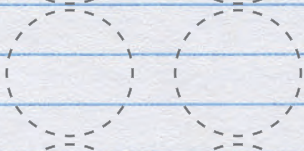
tue



wed



thur



fri



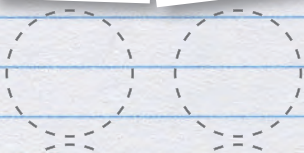
morning



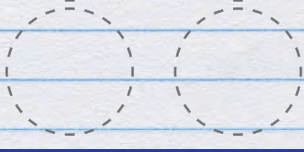
evening

IT'S THE WEEKEND!

sat



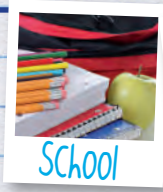
sun



Start date:

Name:

Day

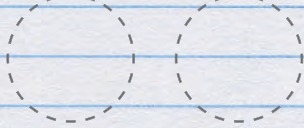


Comments 

mon



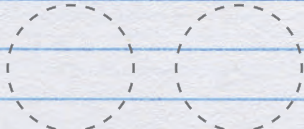
tue



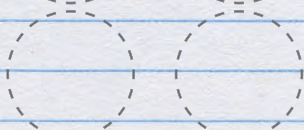
wed



thur

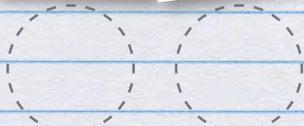


fri



IT'S THE WEEKEND!

sat



sun



Start date:

Name:

DAY



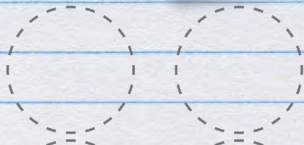
School



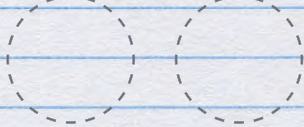
home

Comments 

mon



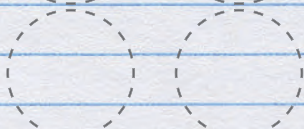
tue



wed



thur



fri



morning



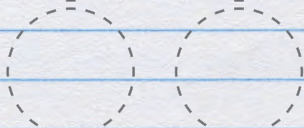
evening

IT'S THE WEEKEND!

sat



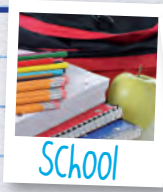
sun



Start date:

Name:

Day

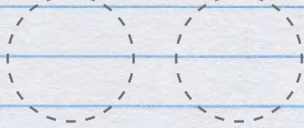


Comments 

mon



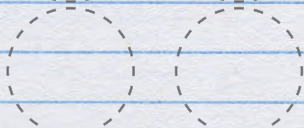
tue



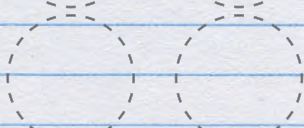
wed



thur

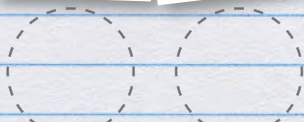


fri



IT'S THE WEEKEND!

sat



sun





Start date:

Name:

DAY



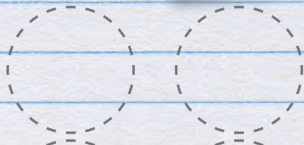
School



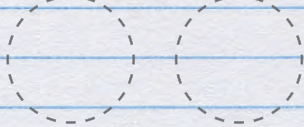
home

Comments 

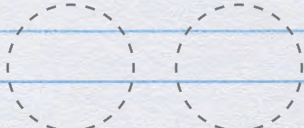
mon



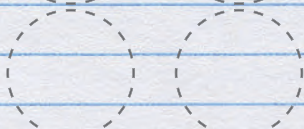
tue



wed



thur



fri



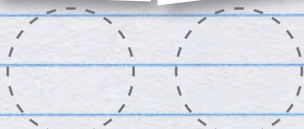
morning



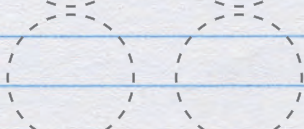
evening

IT'S THE WEEKEND!

sat



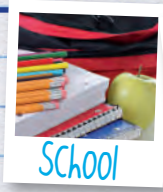
sun



Start date:

Name:

Day

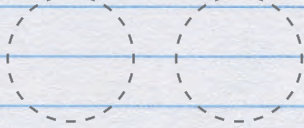


Comments 

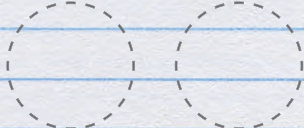
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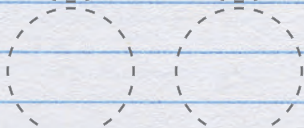
tue



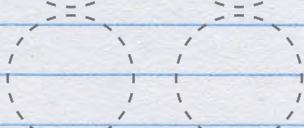
wed



thur

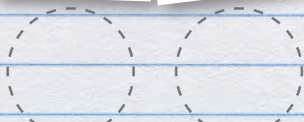


fri



IT'S THE WEEKEND!

sat



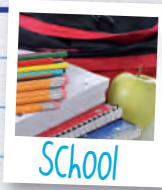
sun



Start date:

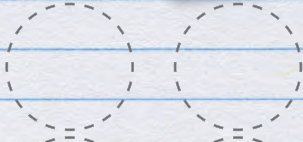
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DAY

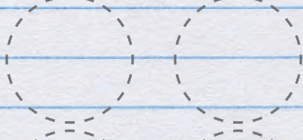


Comments 

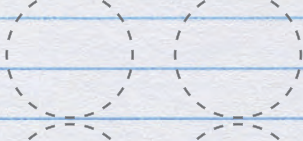
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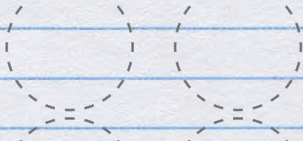
tue



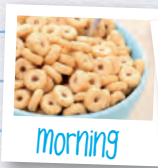
wed



thur

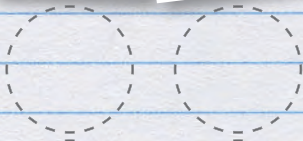


fri

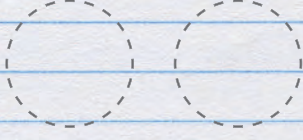


IT'S THE WEEKEND!

sat



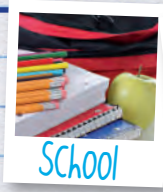
sun



Start date:

Name:

Day

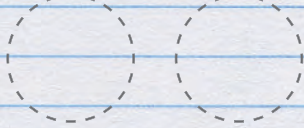


Comments 

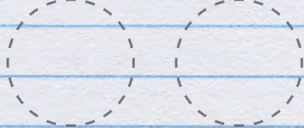
mon



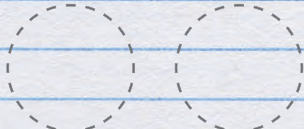
tue



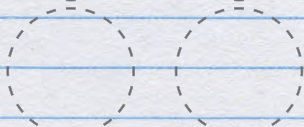
wed



thur

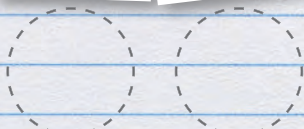


fri

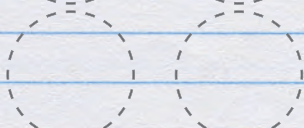


IT'S THE WEEKEND!

sat



sun



Start date:

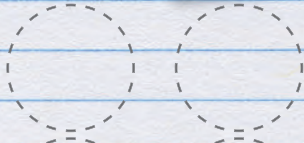
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DAY

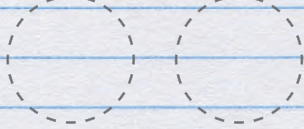


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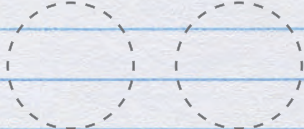
mon



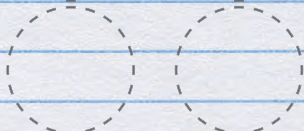
tue



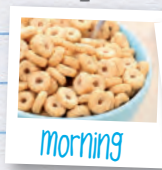
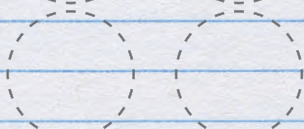
wed



thur



fri

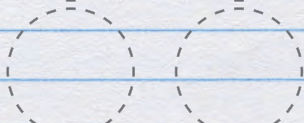


IT'S THE WEEKEND!

sat



sun



Start date:

Name:

Day



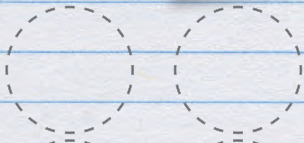
School



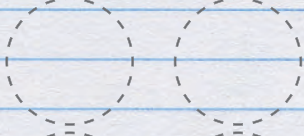
home

Comments 

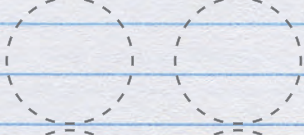
mon



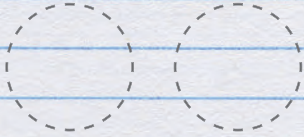
tue



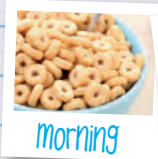
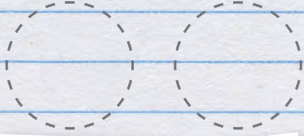
wed



thur



fri

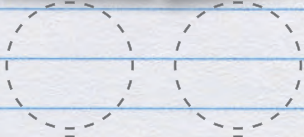


morning

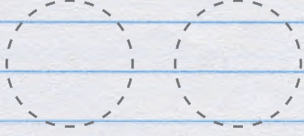


evening

sat



sun

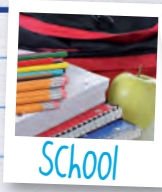


IT'S THE WEEKEND!

Start date:

Name:

DAY

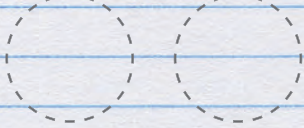


Comments 

mon



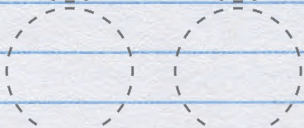
tue



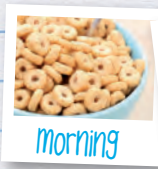
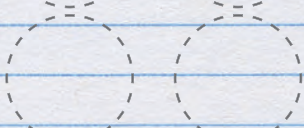
wed



thur

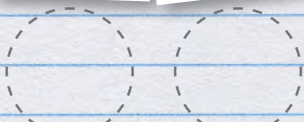


fri



IT'S THE WEEKEND!

sat



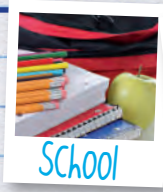
sun



Start date:

Name:

Day



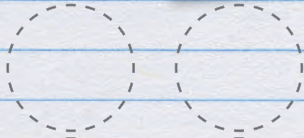
School



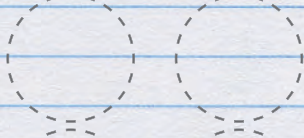
home

Comments 

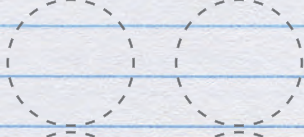
mon



tue



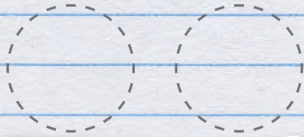
wed



thur



fri



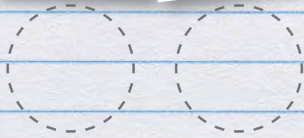
morning



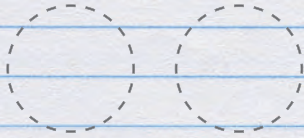
evening

IT'S THE WEEKEND!

sat



sun

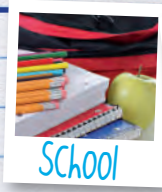




Start date:

Name:

DAY



School



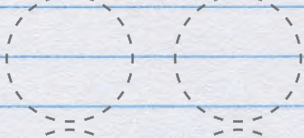
home

Comments 

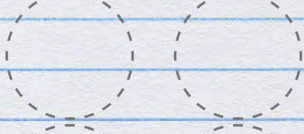
mon



tue



wed



thur



fri



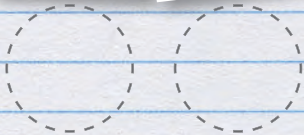
morning



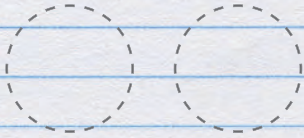
evening

IT'S THE WEEKEND!

sat



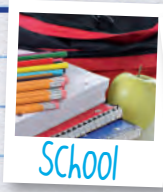
sun



Start date:

Name:

Day



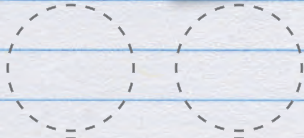
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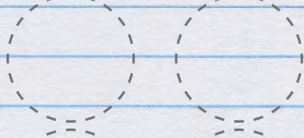
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Comments 

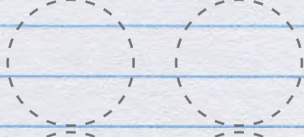
mon



tue



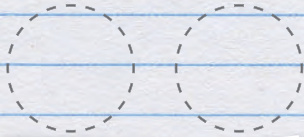
wed



thur



fri



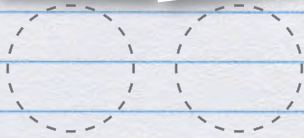
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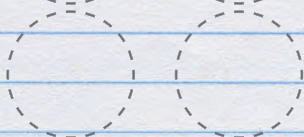
evening

IT'S THE WEEKEND!

sat



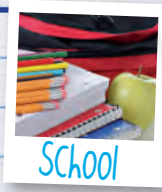
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Start date:

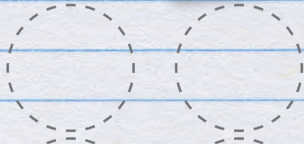
Name:

DAY

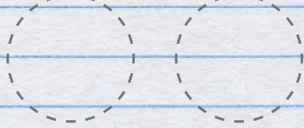


Comments 

mon



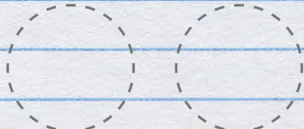
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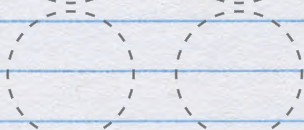
wed



thur



fri



IT'S THE WEEKEND!

sat



sun



Provided as a service to medicine by



**Item number: EM-10505**

**Date of preparation: April 2021**