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:

Think...did I have a good day or a bad day

at school?

In the “School” space, stick in a face that shows

how you felt during the day.

Now do the same for home time in the afternoon

and evening. Stick in a face that shows how

you felt.

You, your parents and teachers can write

in comments.

1st Sept Gary

**Start date: Name:**

Day

m~~on~~ t~~u~~e

wed thur ~~f~~ri

sat sun

School home morning evening

**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

**Comments** 

School home

IT’S THE

morning evening

sat

sun

WEEKEND!

**Start date: Name:**

Day

mon tue

wed thur fri

**Comments** 

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