



# Keeping an activity diary

Before we can send that gloomy cloud on its way, we need to find out how you are currently spending your time. We can use an "Activity Diary" to help with this.



Day	What I did	How I felt
Friday	I finished my history project this morning, then went to my friend's house after school.	It felt good to finish something. Playing with my friend was fun. 6/10
Saturday	I felt too poorly to go to netball practice. I spent the day at home in my pyjamas. I watched lots of films.	I felt worried that I've missed netball again. It was nice be able to stay at home but also quite lonely. 3/10

1



2

3

4

5

6

7

8

9

10

Feeling my worst ever

Mood rating

Feeling my best ever



## How adults can help you

1

Adults can sit and listen to what you did and how it made you feel without interrupting. They can then help you write it down.

# Guide Activity Diary Answers

**Jessica J Manson**



## **Guide Activity Diary Answers:**

## **Guide Activity Diary Answers** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Guide Activity Diary Answers**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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