



# 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

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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

**Tanya Grosz**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Guide Activity Diary Answers:**

## Decoding **Guide Activity Diary Answers**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guide Activity Diary Answers**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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