



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



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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

M Carnoy



Guide Activity Diary Answers:

Whispering the Secrets of Language: An Psychological Quest through **Guide Activity Diary Answers**

In a digitally-driven world where monitors reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words usually go unheard. Yet, situated within the pages of **Guide Activity Diary Answers** a interesting literary value pulsing with natural emotions, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus invites readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the psychological depths of this touching evaluation, we can embark upon a honest exploration of the book is primary themes, dissect its interesting writing style, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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