

Child Daily Ratings 1

The happiest I felt today was: 0 1 2 3 4 5

When: _____

The maddest I felt today was: 0 1 2 3 4 5

When: _____

Another feeling (feeling chart) I felt today was:

When: _____

I used a relaxation technique today: (Circle)

Slowing my breathing for 5 breaths

Stopping and counting to 20

Asking for a hug until I felt calmer

Asking for a time out until I felt calmer