




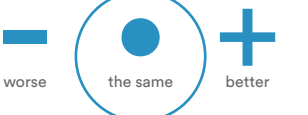
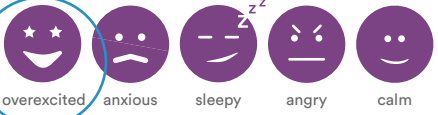

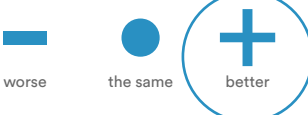
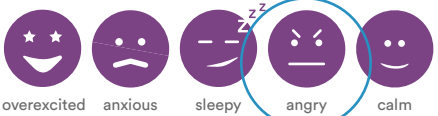

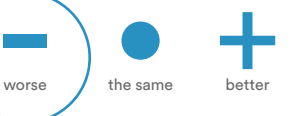







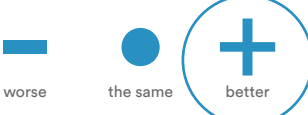





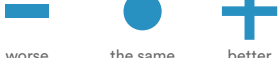

















Name: Olivia

Date:	Time:	I'm feeling: (circle the face that matches how you feel)	I tried: (write name of the activity)	After the activity, I felt: (circle all that apply)	This activity made me feel (circle one answer):
Monday	8am	 <p>overexcited anxious sleepy angry calm</p>	Brush teeth with a vibrating toothbrush	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Tuesday	4pm	 <p>overexcited anxious sleepy angry calm</p>	Wear noise-canceling headphones	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Wednesday	7pm	 <p>overexcited anxious sleepy angry calm</p>	Carry a full laundry basket	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Thursday	7am	 <p>overexcited anxious sleepy angry calm</p>	Ride bike	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Friday	12pm	 <p>overexcited anxious sleepy angry calm</p>	Apply scented lip balm	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Saturday	8am	 <p>overexcited anxious sleepy angry calm</p>	Brush teeth with a vibrating toothbrush	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
Sunday	4pm	 <p>overexcited anxious sleepy angry calm</p>	Use calming sensory bottles	 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>

Name: _____

Date:	Time:	I'm feeling: (circle the face that matches how you feel)	I tried: (write name of the activity)	After the activity, I felt: (circle all that apply)	This activity made me feel (circle one answer):
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>
		 <p>overexcited anxious sleepy angry calm</p>		 <p>overexcited anxious sleepy angry calm</p>	 <p>worse the same better</p>