



Use one sheet per day or activity. Include the child's perspective where they wish.  
A conversation aid, not a diagnostic test. Do not provoke distress or force unmasking.

**Date / time**

**Setting / activity (use initials if needed)**

**Changes, transitions, sensory or social demands**

**What was observed? Use concrete examples**

**Child's words, drawing or AAC response (if they wish)**

**How they felt afterwards / recovery time**

**Other possible causes / what we are unsure about**

**What helped?**

**School / home information to compare**

**Adjustments to discuss / who will act / review date**

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