

## Good days and bad days

*By looking at what makes a day good or bad for a person, you can start to identify themes and patterns. These themes and patterns can you understanding what is important and what changes may be needed on bad days.*

*When the information is recorded, you may want to think about what immediate actions can be taken. Can anything be done straight away in order to help have more good days than bad?*

*You may want to think about: **What sort of things happen on a good/bad day?**  
**Who is around? It may be about what people do/don't do with you?**  
**Is it the routine, rhythm or pace? E.g nothing happens, or rushing?***

**Good Day**

**Bad Day**