

# Diary

Date \_\_\_\_\_

**Suggested for Ages 7-8**

**Check off any of these things that you did today!**

\_\_\_\_\_ I shared the computer or television with my brother/sister or classmate.

\_\_\_\_\_ I came in for dinner as soon as I was told.

\_\_\_\_\_ I waited to say something to my mom until she was OFF the phone.

**Today was a good day because:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Feelings Rating** \_\_\_\_\_

