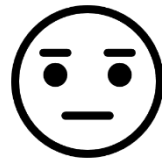


## What's the SHAPE of your day?

At the beginning of each day, we think about the type of day we want to have. At the end of the day, we reflect on the type of day we have experienced.



Positive/Happy/Yes



Unsure/Questioning/Neutral



Negative/Unhappy/No



Key Question	Morning Check In	Afternoon Check Out
Do you feel safe today?		
Can you make positive choices today? (Respect Yourself)		
Are you able to work well with others today? (Respect Others)		
Can you follow your planned timetable today? (Respect Your Environment)		
Is there anything you want to talk about today?		
Are you worried about anything today?		
Are you pleased with anything today?		