

Weekly Observation Sheet.

Date:

How has your week been?

Think about your last week.

Remember things that happened that were not good.

Now think of things that were good this week.

So, when you think about all of your last week...

...how good does it make you feel?

Put a cross next to the number (10 is good, 1 is bad).

<input type="checkbox"/>	10
<input type="checkbox"/>	9
<input type="checkbox"/>	8
<input type="checkbox"/>	7
<input type="checkbox"/>	6
<input type="checkbox"/>	5
<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1



Learning from experience.

1



Learning from mistakes.

What happened this week that wasn't good for you?

Is there anything you can do to stop it happening again?

2

Learning from success.

What happened this week that was good for you?

Is there anything you can do to try to make it happen again?



3



Next week.

So now, what will you do (or not do) next week to make it as good as possible?

4

How was homework? (Discussion)