Big Feelings After School: 5-Day Pattern Check

Date/Week of: _____

Tick what you notice across the school week. You do not need to tick every box. We are looking for patterns, not one perfect explanation.

Tick what you notice	MON	TUE	WED	THU	FRI
WHAT HAPPENED AFTER SCHOOL?					
Big feelings / harder afternoon than usual	☐	☐	☐	☐	☐
WHAT MAY HAVE ADDED TO THE LOAD?					
Busy, noisy or more happening than usual	☐	☐	☐	☐	☐
Sport, assembly or more physical effort than usual	☐	☐	☐	☐	☐
Lots of concentration, organisation or demanding	☐	☐	☐	☐	☐
Lots of transitions, changes or things not going to plan	☐	☐	☐	☐	☐
Friendship, social or emotional difficulties	☐	☐	☐	☐	☐
Poor sleep, hunger, thirst or feeling unwell	☐	☐	☐	☐	☐
WHAT SEEMED TO HELP THEM SETTLE?					
Food or water	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐
Quiet, space or fewer questions	☐	☐	☐	☐	☐
Connection or talking	☐	☐	☐	☐	☐
Rest or a familiar routine	☐	☐	☐	☐	☐
WHAT DID I CHANGE AFTER SCHOOL?					
Reduced immediate questions or demands	☐	☐	☐	☐	☐
Met body needs early: food, water, movement or rest	☐	☐	☐	☐	☐
Offered quiet, space or connection as needed	☐	☐	☐	☐	☐
Kept the first part of the afternoon predictable	☐	☐	☐	☐	☐

Something else I noticed:

_____

_____

_____

LOOKING BACK OVER THE WEEK

What seemed to make afternoons harder?	What seemed to help most?	One thing I want to keep trying:

The final event may be small, but the accumulated load behind it may not be.