

Example



RAG my day

List everything you do in a day from when you wake up to when you go to bed

RAG
● ○ ●

Describe the tricky parts of the day

- | Activity | RAG | Description |
|---------------------|-----|----------------------------|
| Wake up | ● | |
| Get dressed | ○ | don't like school trousers |
| Teeth | ● | mint taste / feeling |
| Breakfast | ○ | not ready for breakfast |
| hair | ● | feeling |
| drive to school | ○ | nervous |
| walking into school | ● | saying goodbye |
| SODA | ○ | getting started |
| Maths | ● | annoying |
| English | ● | I like writing |
| Spelling | ● | |
| Lunch - hall | ● | too noisy / busy |
| Lunch - outside | ● | too cold / nothing to do |
| Geography / History | ○ | boring |
| PE | ● | don't like PE |
| Reading | ● | I like 'class story |
| Assembly | ● | noisy |
| hometime | ● | |
| homework | ● | too tired |
| bedtime | ○ | can't sleep |

● Good parts of my day

○ Tricky parts of my day

● Difficult parts of my day