

# End of the Day Checklist



# Aim

- To develop ways of dealing with positive and negative experiences.

# Success Criteria

- I can reflect on what was difficult and what went well.
- I can prepare myself to relax.

# Good Days and Bad Days

It's normal to worry about telling someone how you feel but trying to deal with things on your own can make things feel worse.



Some days, you feel you just can't get anything right – even the simplest tasks – and things seem like they're falling apart. You may even end up feeling that you are a bad person.

# Good Days and Bad Days

Other days, you may experience both of these types of feelings.



This is normal. Some days feel wonderful, some feel challenging and some feel like a mixture of both. It's helpful to be aware of this so that you can find a sense of balance and develop ways of dealing with positive and negative experiences. This will help you to feel more ready to move forwards.

# Marking the Finish

Identifying positive and negative experiences and reflecting on them can help you to feel more able to deal with them.

Being able to acknowledge and explore your feelings – including difficult feelings – is important for your sense of wellbeing.



Accepting that you cannot change the experiences you have had during the day – whatever they have been – can be really helpful. What you can control is how you react to them and your attitude and thoughts towards them.

# The Checklists

There are two checklists in this presentation:



**End of the School Day**



**End of the Day: Bedtime**

Once you have explored these checklists, you may find it helpful to use something similar in other parts of your life. If there is something that you often find difficult, using a checklist like this may help you to understand and learn from the experience.

# End of the School Day: Checklist

## Why Use It?

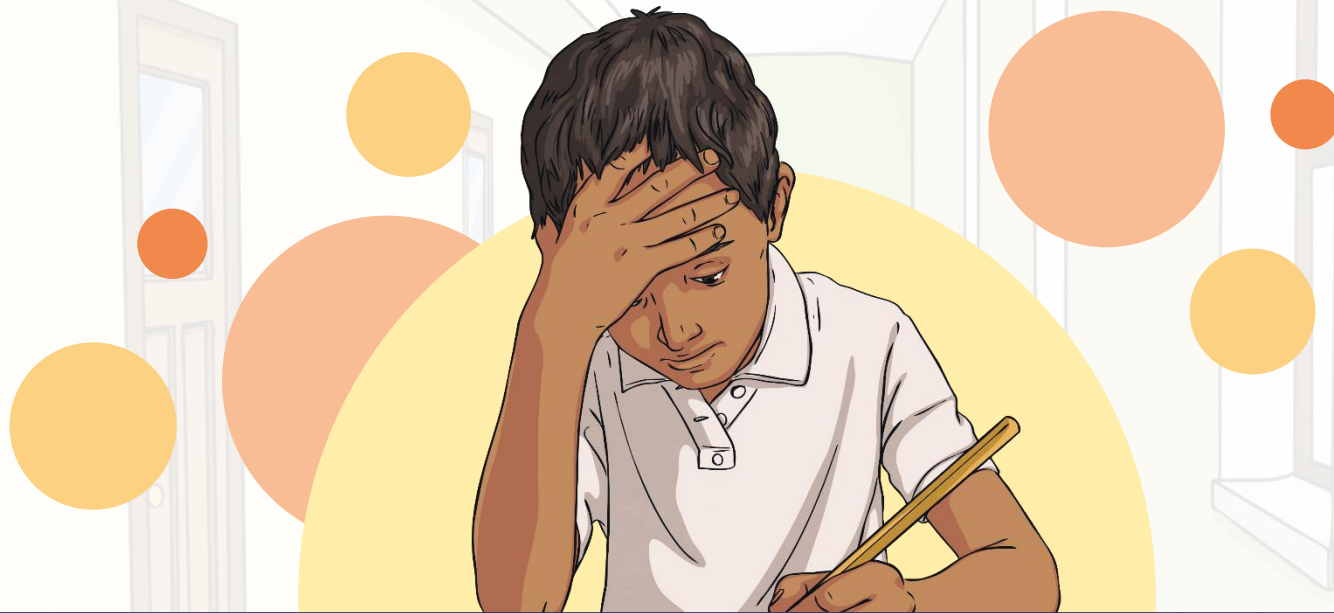
Some days in school will be full of fun with your friends, learning that inspires you and a feeling of life getting better.



On other days, you may fall out with your friends, your work will feel too difficult or boring and you might feel really low.

# End of the School Day: Checklist

## Why Use It?



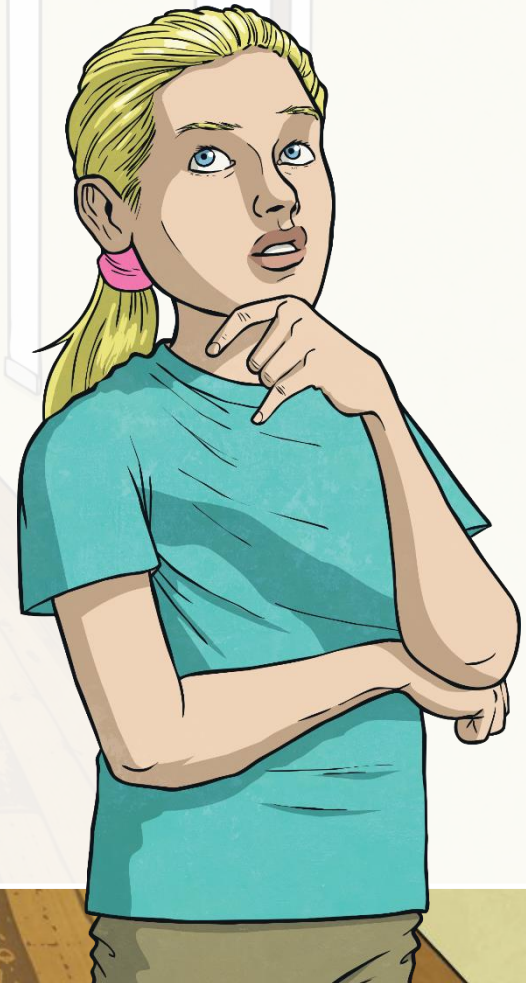
It's good to mark the end of your school day by reflecting on what has happened during the day and calming your mind. Using the checklist can help you to wind down and to start your after-school time positively.



# End of the School Day: Checklist

Follow these simple steps to help you wind down after school.

- Take a moment to think about today in school.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your school day (for example, change out of your school clothes)?
- What can you do now to help you relax (for example, play a game)?



# End of the Day: Bedtime Checklist

## Why Use It?

At bedtime, any worries you have can come to the surface. These may be little worries that you've been too busy to deal with during the day that now seem to need your attention. They may be big worries that you feel you can't solve and that now feel like they're getting bigger.



Taking the time to wind down at bedtime by going through your checklist can help you to soothe your worries and to prepare for a restful night's sleep.

# End of the Day: Bedtime Checklist

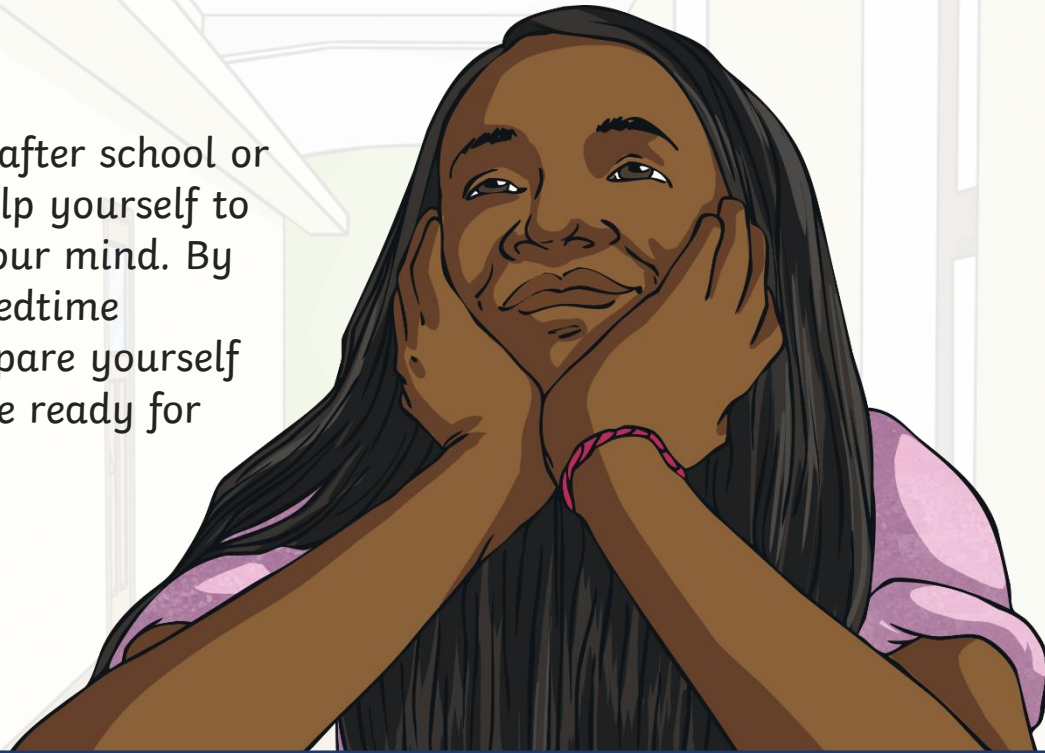
Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?



# Summary

By taking a little time after school or at bedtime, you can help yourself to unwind and to calm your mind. By using the school and bedtime checklists, you can prepare yourself to rest well and then be ready for the new day ahead.



Remember that every day is a new day. By developing ways of dealing with positive and negative experiences, you will feel more able to move forwards.

