

# - VISUAL DIARY - WORKSHEET

**WORKSHEET**

DATE: \_\_\_\_\_

**Use this worksheet to help you organise your thoughts to discover what you might include in your visual diary.**

## **WHAT MIGHT WE INCLUDE IN OUR VISUAL DIARIES?**

**What has happened today? What has happened this week?**

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**How do I feel today? How have I felt this week?**

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**Have I seen anything interesting today or this week?**

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## Qube Communities at Home

[www.qube-oca.org.uk](http://www.qube-oca.org.uk)



Qube Oswestry



@qubeoca



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**Draw today's Visual Diary entry here ↓**

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