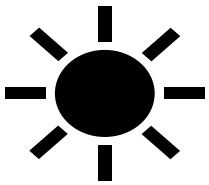
Good day, bad day

What happens on a good day? What happens on a bad day? What will help make a bad day better?

 Good day	 Bad day
Able to sit and listen during circle time.	Running around during circle time and talking loudly.
Eats all or most of lunch (soft foods).	Not eating lunch (new foods).
Lots of laughing and interacting with friends.	Being withdrawn from group play and wanting cuddles with staff.
Happy on arrival at the setting.	Crying on arrival and clinging to mum or dad.
Sharing the toys that they were playing with.	Getting upset when others start playing with the same toys.
Enjoying creative activities.	Unable to concentrate on an activity and being distracted.

What will help make a bad day better?

Having time for running and bouncing on the trampoline.
Having a quiet and calm space to relax when feeling overwhelmed.
Keeping activities separate or in a separate location to avoid distraction.
Introducing new foods when feeling settled.