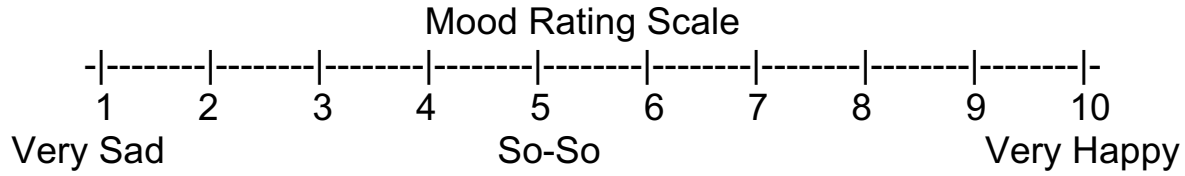
Optional Practice Record 2.2: Shared Positive Activities

Shared Positive Activities

Over the next week, every other day do a shared activity with the person you are caring for. Schedule (/) and mark (X) each day you do a positive activity. At the end of the day note any changes in their mood.

List of Positive Activities You Can Do Together	Day 1	Day 2	Day 3
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10			
Total # of Activities Done			
Mood Score for Day