

Nimi: \_\_\_\_\_







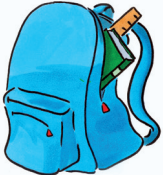

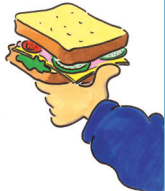






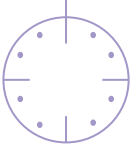
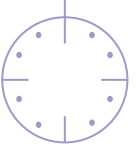
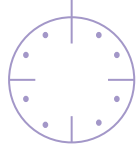
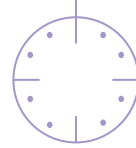
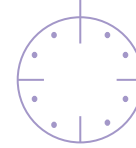
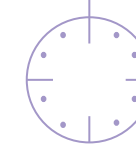
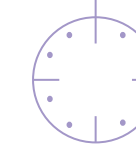
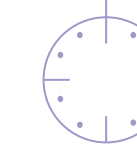
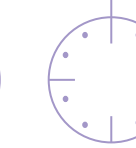
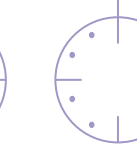
Syntymäaika: \_\_\_\_\_

Päivä / Päivämäärä: \_\_\_\_\_

# Miten päiväsi / viikkosi on sujunut?

Lähde: D-DTODS - Dundee Difficult Times of the Day Scale

Kasvat vaikeudet ↑

											
Arvo = 4											
											
Arvo = 3											
											
Arvo = 2											
											
Arvo = 1											
Kirjaa ajan-kohta kello-tauluun											
Esim:											
	Herätys / ylösnousu	Aamiainen	Kouluunlähtö	Oppitunnit	Lounas	Kotiläksyt	Vapaa-aika	Päivällinen	Loppuilta	Nukkumaan-meno	
											
	Arvo 1: Ei ongelmia	Arvo 2: Vähän ongelmia	Arvo 3: Jonkin verran ongelmia	Arvo 4: Paljon / suuria ongelmia							