Morning Observation Sheet

When School Feels Impossible • Editable resource for families and professionals in Wales

A simple way to spot patterns

Use this only if it helps. It is not an attendance scorecard or a way to judge your child. One or two notes may be enough.

Today

Date: _____ School day / other day: _____

_____

How was sleep or energy? _____

_____

What happened before school was discussed? _____

_____

What did my child say or show? _____

_____

What seemed to make things harder? _____

_____

What seemed to help, even slightly? _____

What we noticed

Any sensory, physical or environmental factors? _____

_____

Was there a moment of connection, comfort or progress? _____

_____

What might we try or ask about next time? _____

Looking back after a few days

Are there patterns worth sharing with school or a healthcare professional?

_____

What would my child like adults to know?

_____

Only share details that are relevant and that you are comfortable sharing.