

Self-observation sheets

To fill in and print

Three tools from the Toolkit as ready-to-use sheets



WHAT THIS IS FOR

The Toolkit describes three self-observation tools, but presents them in a form made for reading. These sheets are the same tools in a form made for filling in — print them, hand them out, or complete them on screen. They do not replace the description in the Toolkit; we assume the facilitator has read the relevant pages.

The sheets belong to the person who fills them in. We do not collect them, mark them or keep them. If a participant wants to share something, they do so voluntarily and to the extent they choose. It is worth saying this aloud before you hand the sheets out.

Weekly mood tracker

Fill in once a day, ideally at a similar time. It takes a minute. After a week, look at the whole thing and see whether anything repeats.

DAY	MOOD 1-5	WHAT HELPED	WHAT WAS HARD	ONE WORD
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Summary of the week

Which day was the best, and why?

.....

Which was the hardest?

.....

What kept coming up in the „what helped” column?

.....

Can you see a pattern?

.....

One thing you want to carry into next week

.....

Daily stress jar

Imagine you start each day with an empty jar. Some things fill it, others empty it. Write them down. After five days you will see what most often pours in, and what lets it out.

DAY	WHAT FILLED THE JAR	WHAT EMPTIED IT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Summary

What filled the jar most often?

.....

What emptied it most effectively?

.....

Is there anything that fills it every single day?

.....

What could you do tomorrow to let a little out?

.....

Monthly reflection

To be filled in once a month, unhurried, and ideally not straight after a hard day. It takes about fifteen minutes.

What went well for me this month?

What was hardest?

What did I learn about myself?

What helped me when things were difficult?

What do I need next month?

Who can I talk to about it?

For the facilitator

- 01** Say whose sheet this is before you hand it out. The participant should know that nobody collects or reads it.
- 02** Fill it in with the group, do not stand aside. A facilitator who does not fill it in signals that this is a task for other people.
- 03** Do not ask anyone to read it aloud. If you want to close the round, ask about conclusions rather than content: what was surprising, what kept repeating.
- 04** Leave time to close. The sheet opens a subject; a session must not end on it.
- 05** Keep information on where to find help to hand — a number, an address, a name. These sheets are sometimes the moment when someone first names something they have not spoken about.

A TIP

The „one word” column is often the most valuable. People find it easier to name a day in one word than to describe it in a sentence, and after a week seven words side by side say more than seven paragraphs.

TIP

If someone writes that nothing empties their jar, that is more important than the rest of the sheet put together. It is worth responding — a word after the session, without pressure and without singling the person out in front of the group.

ABOUT THE LAST QUESTION

“Who can I talk to about it” is the most important question on this sheet, and it is placed last on purpose. If a participant cannot write anyone down, that is worth noticing. The point is not to press them in front of the group — the point is that you know.

LICENCE

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