

# My Day

## Daily Communication: Pre-kindergarten

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1. Today, I felt...

Happy

Energetic

Sleepy

Angry

Sad

Frustrated

Silly

Playful

Observant

Engaged

Active

Talkative

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2. Today, I spent my time....

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3. Today, I learned about...

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4. Meals

Time	What I Ate/Drank	Amount

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5. Sleep

Time I Fell Asleep	Nap Duration

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6. Other notes about my day: