

Sample: Daily Talking Journal

Every day I would write down a set of relevant sentences for my brother and say the sentences and my brother would repeat it after me. The sentences recap both the good and bad of the day. Some times he would add words to describe what was upsetting him. Three samples follow:

Sample 1:

Today, was a different schedule for me.

If things are different, it is okay.

I can do it.

I had to go to the doctor's office.

On the way, I wanted to go to the rest area in the highway.

Last time I went to the bathroom in the rest area.

I do not have to go to the rest area every time.

I waited to go to the bathroom in the doctor's office.

I can wait.

I had a fun time with Mr. J who came home.

I am bothered by a cut on my finger.

My finger is smart. It can heal.

I do not have to pull my skin.

I need to put medicine.

I did yoga as it is good for my health.

I can do a good job taking care of my health.

Sample 2:

I went to school today

I like eating Spanish rice for lunch.

It is tasty.

I do a good job of typing data into the computer.

Data is important to enter as it is used to keep track of different things.

Things will constantly be changing at school.

If things are different it is okay.

I can manage.

The OT swing will keep moving as people use it.

I do not have to worry if things move.

We moved the little couch at home.

I am still safe.

I can manage when things are different.

I can be happy with boo boos on my hand.

I saw a picture of me smiling with the boo boo.

I can smile with boo boos.

I can put medicines and wait for the boo boo to go.

Sample 3:

I did a lot of smart things today.

I cut my nails.

It was difficult to do. I am worried I will cut it wrong.

But now I am happy.

I can cut my nails well.

It is okay if some skin shows.

My nail will grow.

We went to a different Mexican restaurant today.

Different things are good.

I enjoyed the Mexican food.

I can be safe wherever I am.

Yoga is good for my health.

I will do yoga.

It will help me sleep as well.