

# One Line a Day

Notice, don't judge — just one line.

The easiest week to read your child's heart · Observation Diary



7-Day Workbook · One Page a Day

## ABOUT YOUR CHILD

Child's name \_\_\_\_\_

Age \_\_\_\_\_ yrs \_\_\_\_\_ mos

Period \_\_\_\_\_ ~ \_\_\_\_\_

Observed by \_\_\_\_\_



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# Before you start: just 3 rules

An observation diary isn't about writing **well** — it's about writing **what you saw**. Short is fine, and you don't have to do it every day.

## 1 Write what you saw

Hold off on interpretation and judgment. Like a camera, capture the scene as it was.

## 2 Note 'when & where'

'Why' comes later. Once a week of dots gathers, the 'why' shows up as a flow.

## 3 Short is fine

One line is enough. Blank days are perfectly okay.

😊 "Waved back when a friend said hi"

😞 "Lacks social skills"

😊 "Paused when the blocks fell, then rebuilt"

😞 "Has no patience"

😊 "Carried a book and sat on my lap"

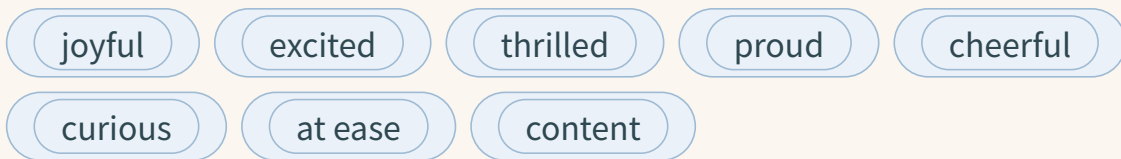
😞 "Is so focused"

The left is **what you saw (observation)**; the right is **judgment**. We collect the left.

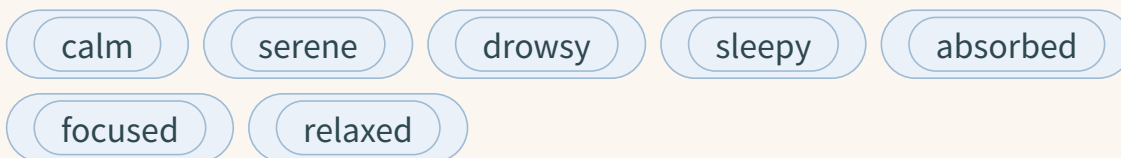
# Naming your child's mood

A set of **expressions** to lean on when the 'mood' box feels stuck. You're not picking a right answer — you're borrowing a word that fits the scene you saw.

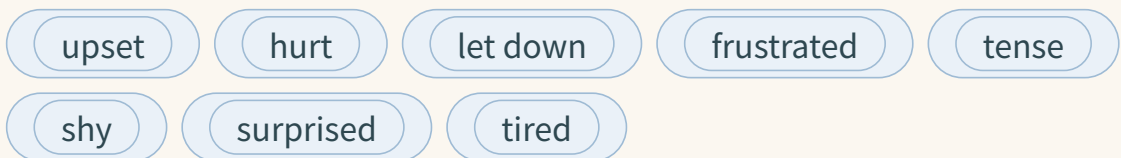
## Bright



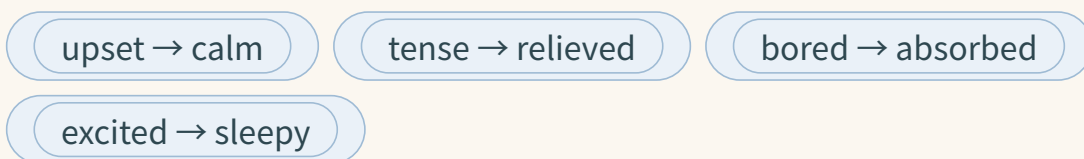
## Calm



## Unsettled



## Shifting



🌱 An estimate is okay. Use an arrow (→) to capture how the feeling shifted, and the line comes alive. It's not a score or a grade — just an **expression**.

Sample

How to fill it in — no pressure, just  
what you saw

Date 6 / 13

**What I saw** — as it was; hold off on interpreting

The block tower fell and he paused for a moment.

Then he started rebuilding from the very bottom.

When it was done, he glanced back at me.

**When · where**

**Child's mood** estimate OK · see p.3

Evening · living room


upset → calm → proud

**The moment that touched me most — one line**

First time I saw him start over after it fell apart.

**Me, today** — one line for the observer too

Glad I waited instead of rushing him.

 This records the **scene you saw**, not a judgment (“so mature”). Blank lines are okay.

Sample · Day 0



**Day 1**

**Today's observation**

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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---

**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



What was the first thing they did this morning?

1 / 7

Day 2

Today's observation

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



What did they linger on the longest today?

2 / 7

Day 3

Today's observation

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



With whom did their expression change?

3 / 7

Day 4

Today's observation

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



Was there a moment they hesitated, then tried again?

4 / 7

**Day 5**

**Today's observation**

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



What small thing did they do on their own?

5 / 7

**Day 6**

**Today's observation**

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

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**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



Where at home did they look most at ease?

6 / 7

**Day 7**

**Today's observation**

Date \_\_\_\_ / \_\_\_\_

**What I saw** — as it was; hold off on interpreting

---

---

---

---

**When · where**

**Child's mood** estimate OK · see p.3

---

**The moment that touched me most — one line**

---

**Me, today** — one line for the observer too

---



Did you notice something for the first time?

7 / 7

# The weekend: see the flow

Spread out the week's dots all at once. Not about right or wrong — it's time to find the **repeating texture** and the **small changes**.

**A scene I saw repeatedly this week**

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---

**A moment my child seemed most at ease**

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---

**One small change this week**

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**One thing I'd like to carry into next week**

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“One line is a dot. Gather a week, and a line — a flow — appears.”



# You don't have to read it alone



Even the lines you gathered alone are precious.

When you share this record **in the same spirit with your child's caregivers**, one line becomes a 'flow.'

Observation isn't evaluation — it's a start to seeing your child more fully.

To turn lines into a flow → **bridge.talenest.io**

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TaleNest — the easiest way to read your child's heart