

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"

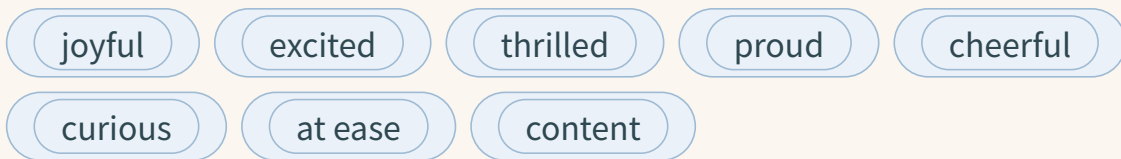
😞 "Is so focused"

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

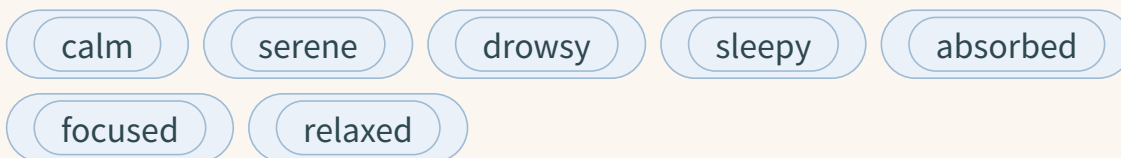
Naming your child's mood

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.

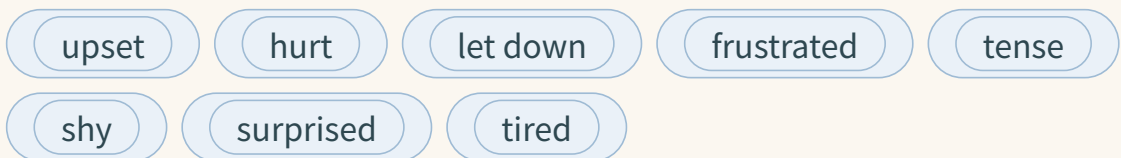
Bright



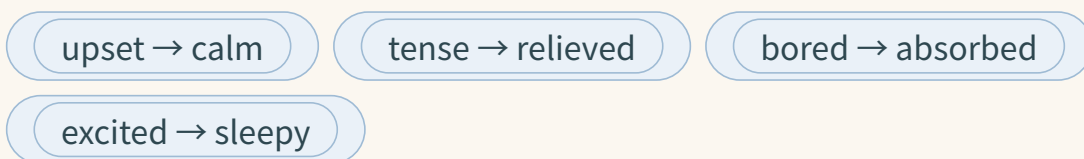
Calm



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

Evening · living room

Child's mood estimate OK · see p.3

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

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

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

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

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

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

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

A moment my child seemed most at ease

One small change this week

One thing I'd like to carry into next week

“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