A STRENGTHS-FOCUSED FAMILY JOURNAL

My Star’s Everyday Discoveries

Notice interests, helpful supports and small moments of connection



This is a noticing journal, not a scorecard. There is no need to fill in every page or record private details.

Use it for a few days or dip into one page. Include your Star’s own words, drawings, choices or communication if they want to share them.

Notice the whole Star

Look for strengths, interests and moments of comfort as well as times that feel hard. One moment is only one moment; patterns may take time to notice.

What drew them in? A favourite subject, object, movement, sound, story or way of doing something.	**What did they do well?** Persisted, asked a question, noticed a detail, changed the plan, communicated a choice or rested.
What seemed supportive? Predictable steps, fewer words, a familiar person, movement, quiet, a visual cue or extra time.	**What did they tell or show me?** Words, gestures, pictures, AAC, expression, movement, approach, pause or refusal.

A strength or interest I noticed:

Something my Star chose to show me:

A moment of connection we shared:

Use neutral, kind descriptions. For example: “The room became busy, so we moved somewhere quieter,” rather than “They were difficult.”

A few moments from our week

Record only what is useful. Skip dates, details or questions that do not feel right for your family.

Moment 1

What was happening?	What did my Star choose or communicate?
What seemed to help?	What might we remember?

Moment 2

What was happening?	What did my Star choose or communicate?
What seemed to help?	What might we remember?

Moment 3

What was happening?	What did my Star choose or communicate?
What seemed to help?	What might we remember?

Comfort, sensory needs and change

Use this page to notice what was around your Star, without assuming that one thing caused another. Their needs may vary with the day, setting and energy available.

Things in the environment I noticed

- ■ Sound
- ■ Crowds or space
- ■ Smells
- ■ Movement
- ■ Unexpected change
- ■ Other
- ■ Light
- ■ Texture or clothing
- ■ Temperature
- ■ Waiting
- ■ Time of day

What seemed comfortable or uncomfortable?

What helped with a transition or change?

What could we offer next time (including a break or “no thanks”)?

A child does not have to explain a sensory experience for it to be real. Offer practical choices and listen to their response.

Communication, interests and helpful supports

Notice the many ways your Star communicates and the subjects or activities that help connection grow.

A way my Star communicated a choice, need or idea:

An interest we could use to connect or learn together:

A support that helped (time, visuals, movement, quiet, company…):

Something my Star would like grown-ups to understand:

If your child would like to add their voice

Invite them to draw, write, point to a picture, use AAC, choose a symbol or tell you what to record. Let them skip this part or keep their contribution private.

Look back gently

At the end of the week, choose just one or two things to carry forward. You do not need to create a plan from every observation.

A moment I want to remember:

Something I understand a little better about my Star:

One support or choice we may keep offering:

One thing I want to ask my Star (with plenty of room to pass):

Children grow and circumstances change. Keep this journal somewhere private, share only what is helpful, and let your Star's current needs guide you.

This journal is for family reflection. It is not a diagnostic or clinical assessment and does not replace individual professional advice.