

1. Tell us about a day you had recently.

What happened that day?

Help us understand your experience that day. Write in the spaces below to tell us what you were thinking, seeing, saying, doing, feeling, and hearing.



Please continue on the back →

2. For the day that you described, or more generally...

What were you trying to do?



1. _____

2. _____

3. _____

What did you need to do those things?



1. _____

2. _____

3. _____

What made it possible (or difficult) to do this?



1. _____

2. _____

3. _____

What one change would make this easier to do?

Please tell us a bit about yourself.

Age _____

Gender _____

Zip Code _____

Race or Ethnicity _____

I am (check all that apply):

- A child or youth
- A caregiver for children and/or youth
- A service provider for children and/or youth

I consider my biggest challenge to be...