

Behavioural Diary

- It can be important to identify if there are any patterns to someone experiencing meltdowns and shutdowns, so you can work together to implement a supportive strategy. Completing this behavioural diary can help you to identify any trends.

Day of the Week, Date and Time	What were the signs of meltdown or shutdown?	What happened immediately before the behaviour was observed?	Was there a change to the routine? If so, what?	Why does the individual you support think the behaviour occurred?