



**What experiences did you have today?**

**Date:**

**What did you really like today?**

**What did you not like today and why?**

**What was new for you today?**

**Was there anything which you found surprising?**

**Did anything embarrassing happen today?**

**Did anything happen today which you didn't understand?**

**If applicable: Compare how you felt when you arrived to how you are feeling today:**