



Your Team 15 activity today is the good day/bad day tool; this is a tool that helps us to explore what makes a really good day for somebody, the things that need to be present in their life, and what makes a bad day for them, things that really need to be absent. Once you know this, you can agree actions to help that person to have more good days. What we find when using this tool is lots of information about what's important to somebody and how they want to be supported – which is a really helpful tool for developing a one-page profile with somebody, so you can record this information on their one-page profile.

To use the tool, you ask the person to think about their best day, and then think about a bad day. Now, if it helps, you can break it up into chunks – what would happen in the morning when you get up? What would happen at lunchtime? What might happen in the afternoon or the evening? You might need to ask questions to tease this information out of the person – ‘What are the things that make you feel really good? What are the things that are difficult for you? Who are you with? What are you doing? Where are you?’ And remember that by looking at a bad day, this doesn't necessarily mean there's things on there that we can't fix; what it does is give us information that we can look at to see if we can put actions into place to enable you to have more good days than bad.

You're going to be looking at the good day/bad day tool yourselves. I want you to think about a typical work day, and what about that day makes it a good day –things from the moment that you get up, as you travel to work, the things that happen while you're in work, and so on. And I want you to be realistic and think about things that actually have happened. Then, you're going to think about a bad day in the same way. After that, I want you to talk to the person next to you about what's on your good day/bad day tool, and think about some actions that you could take to help yourself have more good days.