Date/ Time	How did you feel?				How long did it last?	What happened before the tantrum?	Notes
	5 = very upset						
	1 2	2 3	3 4	1 5			
	1 2	2 3	3 4	1 5			
	1 2	2 3	3 4	1 5			
	1 2	2 3	3 4	1 5			
	1 2	2 3	3 4	1 5			
	1 2	2 3	3 4	1 5			