**Angsttagebuch von:** _____ **Datum:** _____



| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Am Abend vor dem Einschlafen | | | | | | | | | | | |
| Nacht | | | | | | | | | | | |
| Aufwachen | | | | | | | | | | | |
| Frühstück | | | | | | | | | | | |
| Bereitmachen für die Schule | | | | | | | | | | | |
| Aus dem Haus gehen | | | | | | | | | | | |
| Schulweg | | | | | | | | | | | |
| Garderobe | | | | | | | | | | | |
| 1. Schulstunde | | | | | | | | | | | |
| 2. Schulstunde | | | | | | | | | | | |
| Pause | | | | | | | | | | | |
| 3. Schulstunde | | | | | | | | | | | |
| 4. Schulstunde | | | | | | | | | | | |
| Heimweg | | | | | | | | | | | |
| Mittag / Hort / Tagesschule | | | | | | | | | | | |
| Schulweg | | | | | | | | | | | |
| 5. Schulstunde | | | | | | | | | | | |
| 6. Schulstunde | | | | | | | | | | | |
| 7. Schulstunde | | | | | | | | | | | |
| Heimweg | | | | | | | | | | | |
| Hausaufgaben | | | | | | | | | | | |
| Freizeit | | | | | | | | | | | |
| Nachtessen | | | | | | | | | | | |

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