
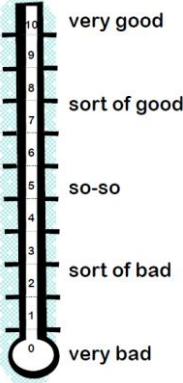

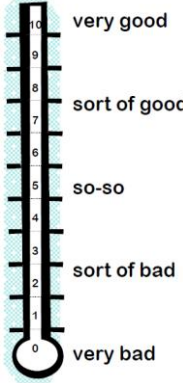




MICE
Mental health Interventions for Children with
Epilepsy

Scheduling Time for Fun

Write down one fun activity you can do each day. Write your *Feelings Thermometer* rating before and after each activity.

	Day and Plan 	How I Felt Before (0-10) 	Activity I Did 	How I Felt After (0-10) 
E X A M P L E	SATURDAY: Play football with my friend after lunch	5	Played football with my friend after lunch	8
	SUNDAY:			
	MONDAY:			
	TUESDAY:			
	WEDNESDAY:			
	THURSDAY:			
	FRIDAY:			
	SATURDAY:			