Diary for parent
家长日记

Do silent sitting daily at home with your children for about 5 minutes at least once every day for the next 2 weeks. (Once is enough although the results will be better if you do it twice a day.)

每天在家与孩子们一起做静思至少 5 分钟，维持两周（一般来说一天一次就可以，但是如果一天做两次，效果会更好。）

Please fill in the diary every day. Most questions can be answered simply (eg yes/no) but sometimes it would be a good idea to write a few words to remind you of what happened. Please note that this diary is only for your benefit. You do not have to hand it in and be "marked" on it.

请每天都填写下面的日记。许多问题可以十分简要地回答（比方说，是或者不是），但有些问题最好还是写简短的文字以此来提醒自己。请注意，这份日记是供个人使用的，无需交上来，标记就可以了。

Day / Date 日期/时间	How many times did you do silent sitting today? 你今天做了几次静思？	How did you feel during and just after the silent sitting? 在静思前后你感觉如何？	Did silent sitting have any lasting effects on you during the day? If "yes" please write a few words to describe the change.) 一日之内静思是否给你带来了持续的效果。如果是，请用几句话描述一下这种效果。	Has there been any unexpected change in your child's behaviour or another family member's behaviour? If "yes" please write a few words to describe the change.)在你的孩子身上或者其他家人身上是否产生了某些变化?如果是，请用简单的几句话描述一下这种变化。
如：2010 年 6 月 8 日				

After one week and again after two weeks, ask your children what they think about it and whether they feel any benefits.
Fill in the diary together.

每两个星期以后请重复记录，询问你的孩子对于静思的感觉，问问他们是否有受益。也请将这些内容填入日记中。

Diary for children
学生日记

Since you have been doing silent sitting, have you noticed any changes in any of the following? If you have, please write a few words to describe. Please note that this diary is only for your benefit. You do not have to hand it in and be "marked" on it.

自从你开展静思以来，你注意到自己在以下方面发生了变化吗？如果有的话，请用简单的语言进行描述。请注意，这份日记是供个人使用的，无需交上来，标记就可以了。

Date 日期	How you feel generally (physically or emotionally) 你身体和情绪上有些什么样的感觉？	Your concentration 你的注意力	Your relationships with family and friends 你与家人和朋友之间的关系	Your understanding of topics taught at school 你对于学校所学内容的理解
After week 1 一周以后				
After week 2 两周以后				
After week3 三周以后				