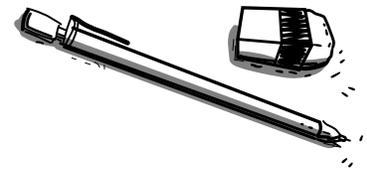


My Reflection Journal

Name: _____

Date: _____





Introduction

As many of us sit at home, doing our best to isolate ourselves and our family from the COVID-19 virus, we find ourselves comparing our current schedules and behaviors to days when things were “normal,” just a few weeks ago. For most of us, we were forced to adapt to new schedules and new routines almost overnight. Parents are suddenly working from home, most classroom instruction is now taking place online, and trips to the grocery store are suddenly creating unexpected feelings of anxiety. With all of these changes, of course, come new questions and a new perspective of the world around us.

In an effort to help children process all of the recent changes and uncertainty, we have created a unique journal as a place for them to record their thoughts and ideas during this time. Hopefully this will provide your child with a safe place to share their emotions and express how they are dealing with many of the adjustments to their daily lives. We recommend you use this journal and the included prompts as a way to encourage your child to write every day and as a way to stay in touch with how they are coping with this temporary detour.

Brent Fox
Editor in Chief
Teacher Created Resources

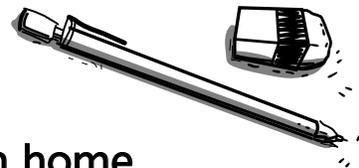


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School vs. Home

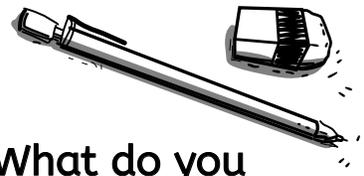


What are the biggest differences between learning from home compared to learning at school? Which do you prefer?

Home	School



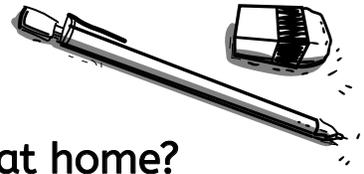
School vs. Home



What do you miss most about being in the classroom? What do you miss least?



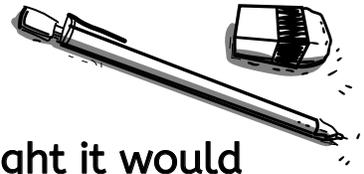
School vs. Home



What are the best things about doing your schoolwork at home?
What are the worst things? Why?



School vs. Home



What about being home has been better than you thought it would be? What has been harder? Why?



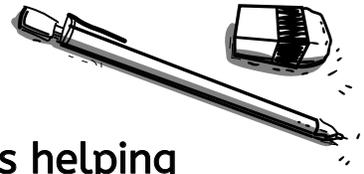
School vs. Home



How have your class assignments changed? How has your homework changed?



School vs. Home



Do you have a parent or other adult in the house who is helping to teach you now? How are they similar to or different from your school teachers?



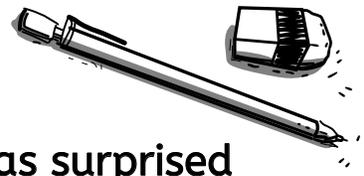
School vs. Home



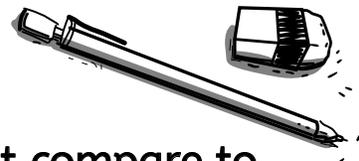
Did you have more homework before your school was closed or now that you're working at home? Are your parents able to help with your homework? If not, how are you getting help?



Daily Routine



What do you like about being home every day? What has surprised you most about being home all day?



What was your morning routine like before? How does it compare to your morning routine now?

Before



Now





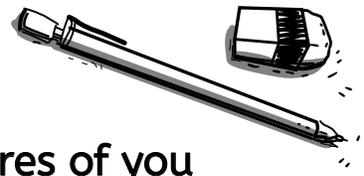
Daily Routine



What is your daily “school day” like? Are you talking with your teachers and classmates online? Are your assignments similar to what they were before? How have they changed?



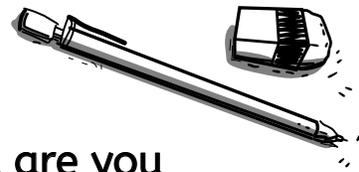
Daily Routine



What are you doing for PE or exercise now? Draw pictures of you doing different physical activities.



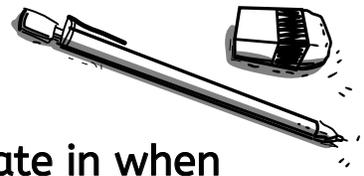
Daily Routine



How have your cleaning habits recently changed? What are you doing differently to help keep you and your family healthy and safe?



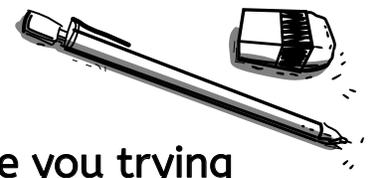
Free Time



What kinds of extracurricular activities did you participate in when school was in session? Are you still doing them now? If not, what are you doing instead?



Free Time



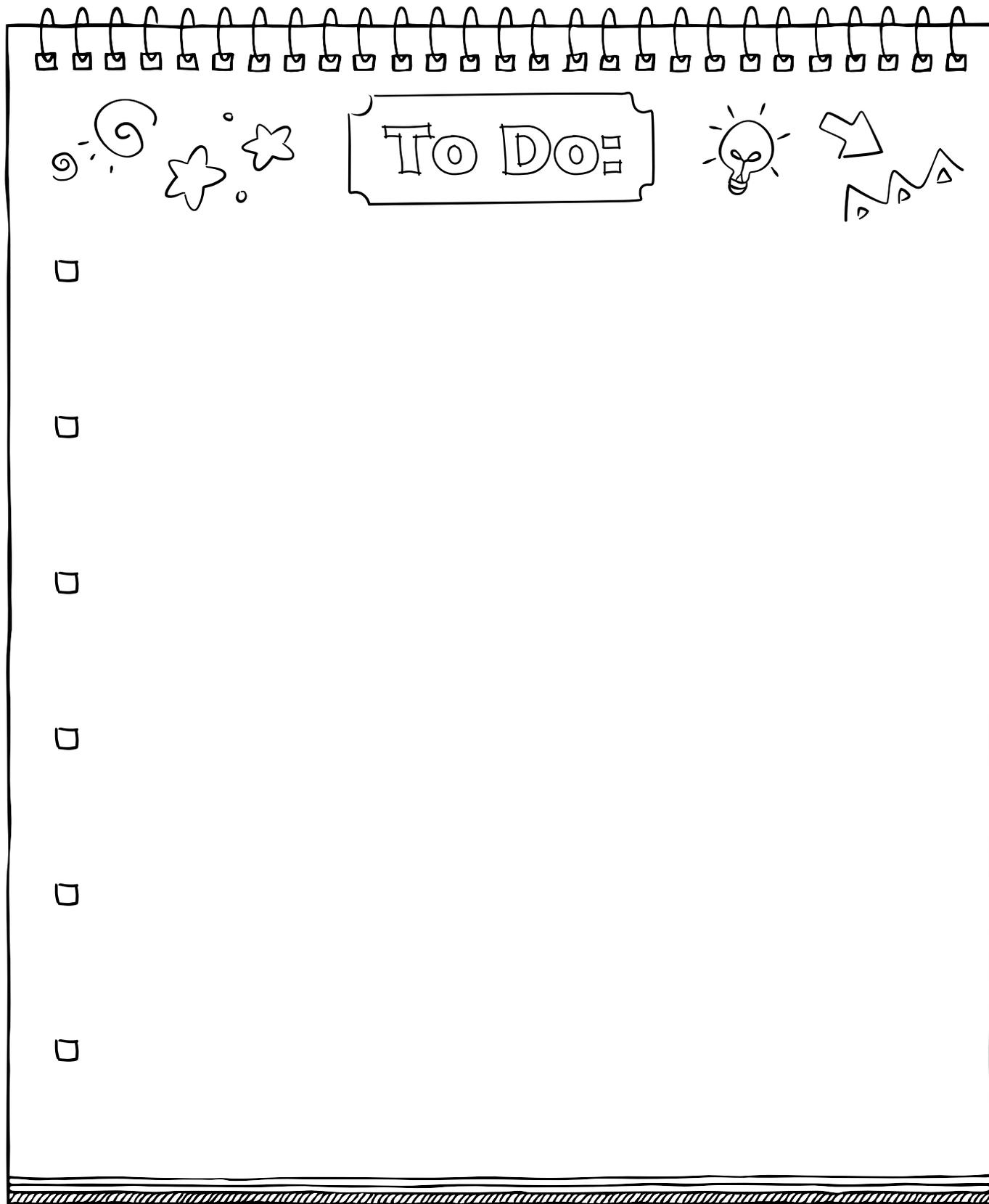
What other things are you doing in your “free” time? Are you trying anything new?



Free Time



What are some new activities that you would like to try? Cooking?
Sewing? Dancing?



A spiral-bound notebook page with a 'To Do' list. The page features a central box labeled 'To Do:' with a list of six empty checkboxes. To the left of the list are doodles of a spiral, a star, and a flower. To the right are doodles of a lightbulb and a hand holding a pencil. The bottom of the page has a decorative hatched border.

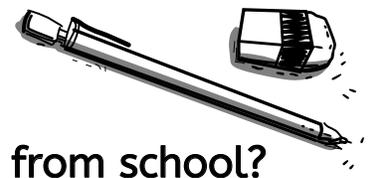
To Do:

-
-
-
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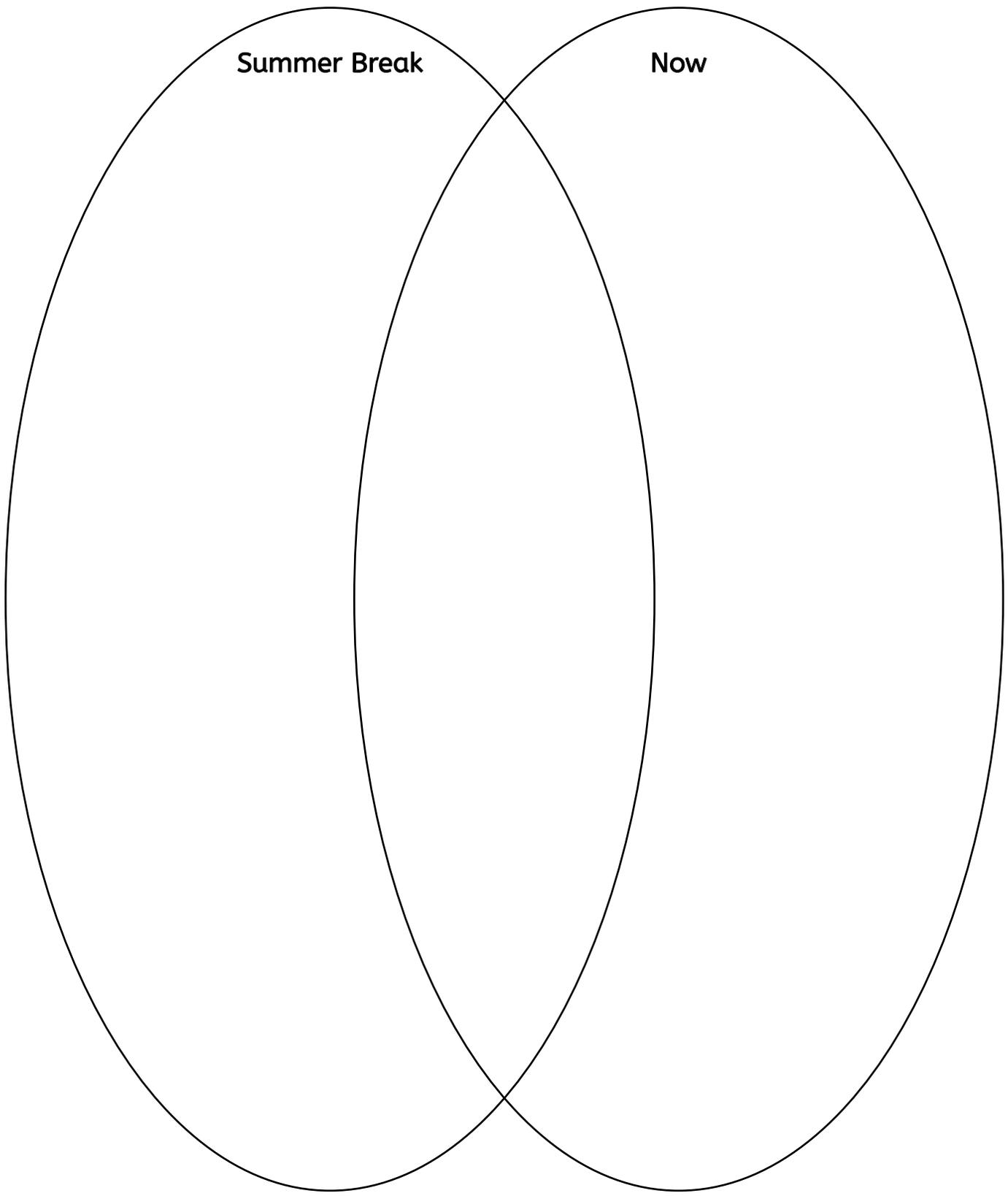
Free Time

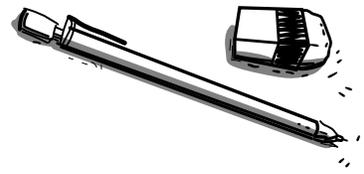
What is your favorite thing to do when you get to go outside? What makes this activity so enjoyable?





How is this time at home similar to your summer break from school?
How is it different?





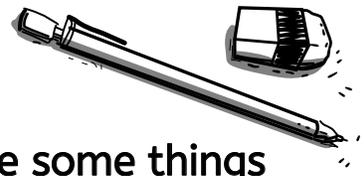
How are you keeping in touch with your friends?

A large, empty rectangular box intended for writing a response to the question above.



What would you tell a friend who was scared of the COVID-19 virus?

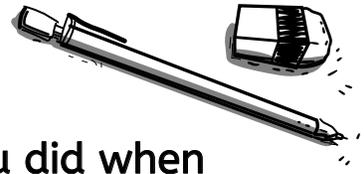
A large, empty rectangular box intended for writing a response to the question above.



Are you still able to have fun with your friends? What are some things that you and your friends do for fun?



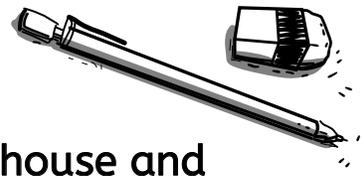
Friends



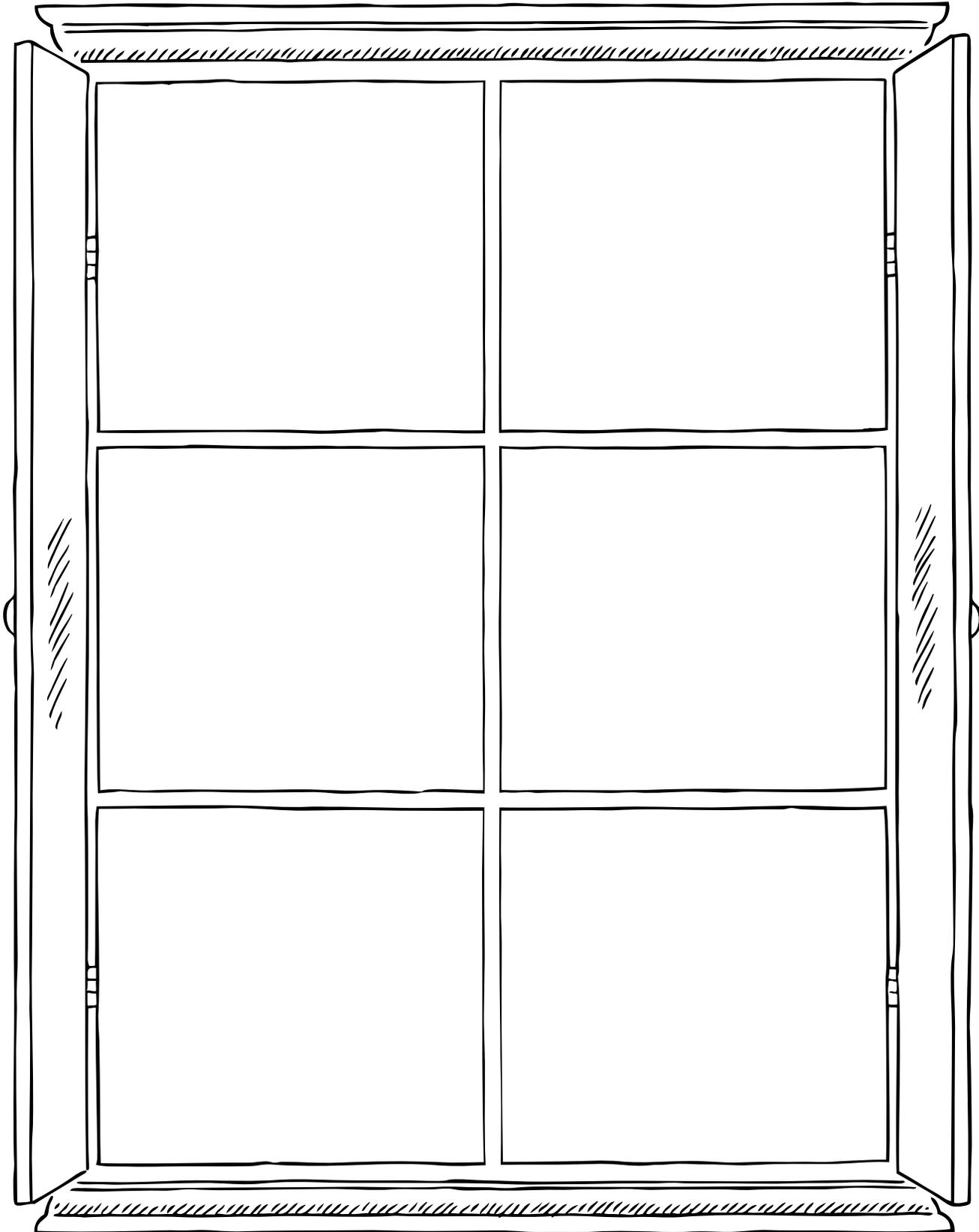
Do you and your friends talk about the same things you did when you were at school, or have your conversations changed?

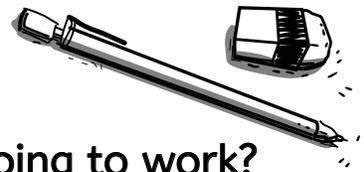


Who else is in your house each day? Do you enjoy having your entire family home all day?

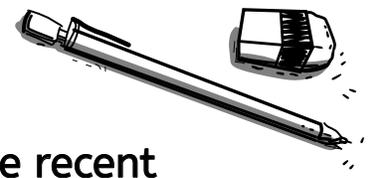


Draw what someone might see if they stopped by your house and peeked in a window.





Are your parents working from home or are they still going to work?
If they are working from home, how are they able to do their job
from home?



How are other people in your house dealing with all the recent changes?



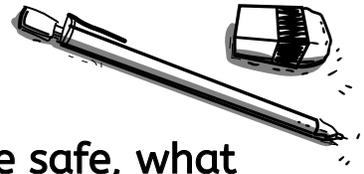
A New World



What scares you about what is going on in the world? What do you think would make you feel less scared?



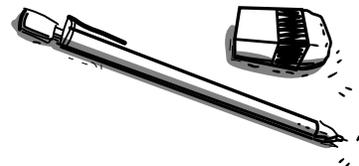
A New World



If you could invent something that would keep everyone safe, what would it be?



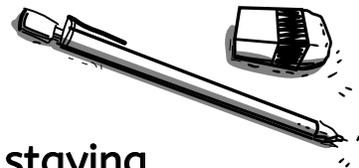
A New World



What does “social distancing” mean to you?



A New World



What is a valuable lesson you've learned as a result of staying at home?



A New World



What are the three biggest ways in which your life has changed since you stopped going to school?



A New World



What are some things that you can do to help your parents during this time that you are home from school?



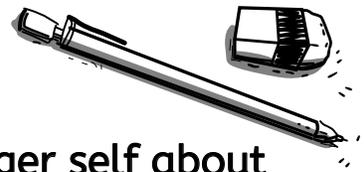
A New World



What are some ways that neighbors can help each other during these unusual times?



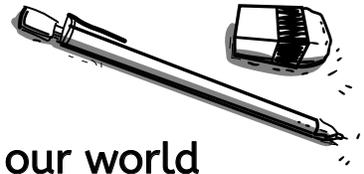
A New World



If you could go back in time one year and tell your younger self about this time, how would you explain what is happening right now and the changes it has meant to your life?



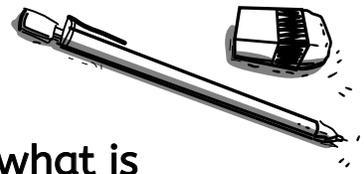
A New World



Give some examples of people who are being heroes in our world right now. Explain why you think what they are doing is heroic.



A New World



How might the world change for the better because of what is happening right now? Think of a few ways and explain why those changes would be helpful.



A New World



Are you using social media more or less than you were before? Why?



A New World



Do you think social media is helping or hurting your understanding of what's currently going on in the world? Explain your answer.