

# My Reflection Journal

Name:

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Date:

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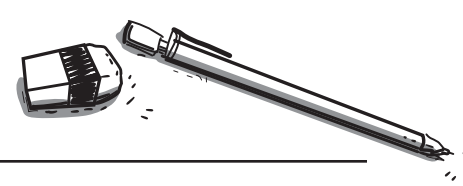




As many of us sit at home, doing our best to isolate ourselves and our family from the COVID-19 virus, we find ourselves comparing our current schedules and behaviors to days when things were “normal,” just a few weeks ago. For most of us, we were forced to adapt to new schedules and new routines almost 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



My name is \_\_\_\_\_.

I am \_\_\_\_\_ years old.

Draw a picture of yourself.



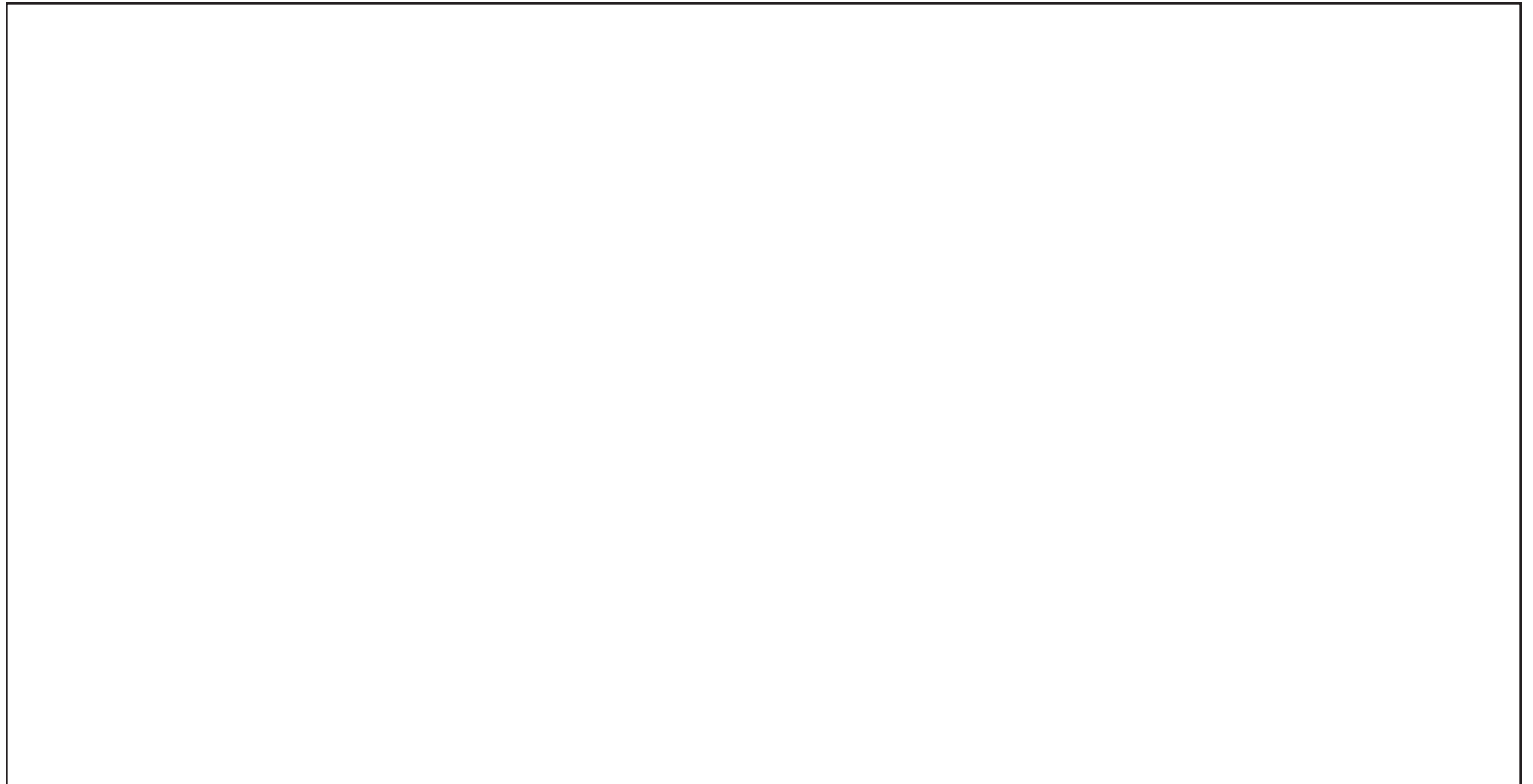
What do you like most about staying home each day?

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Draw a picture of you doing a fun activity.





What are 2 things you get to do now that you have more time?

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Draw each activity.



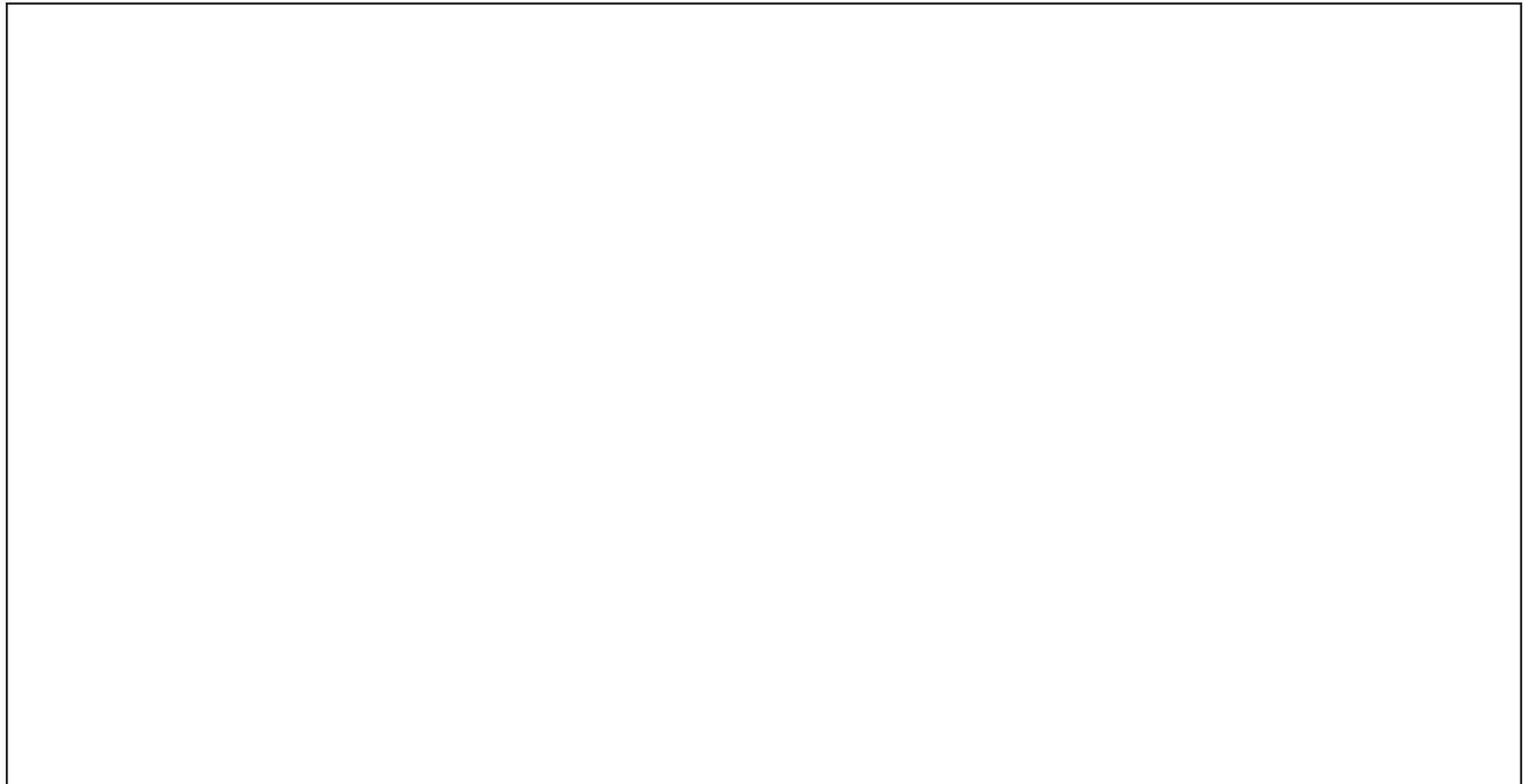
Why is it important for us to stay home right now?

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Draw your house.





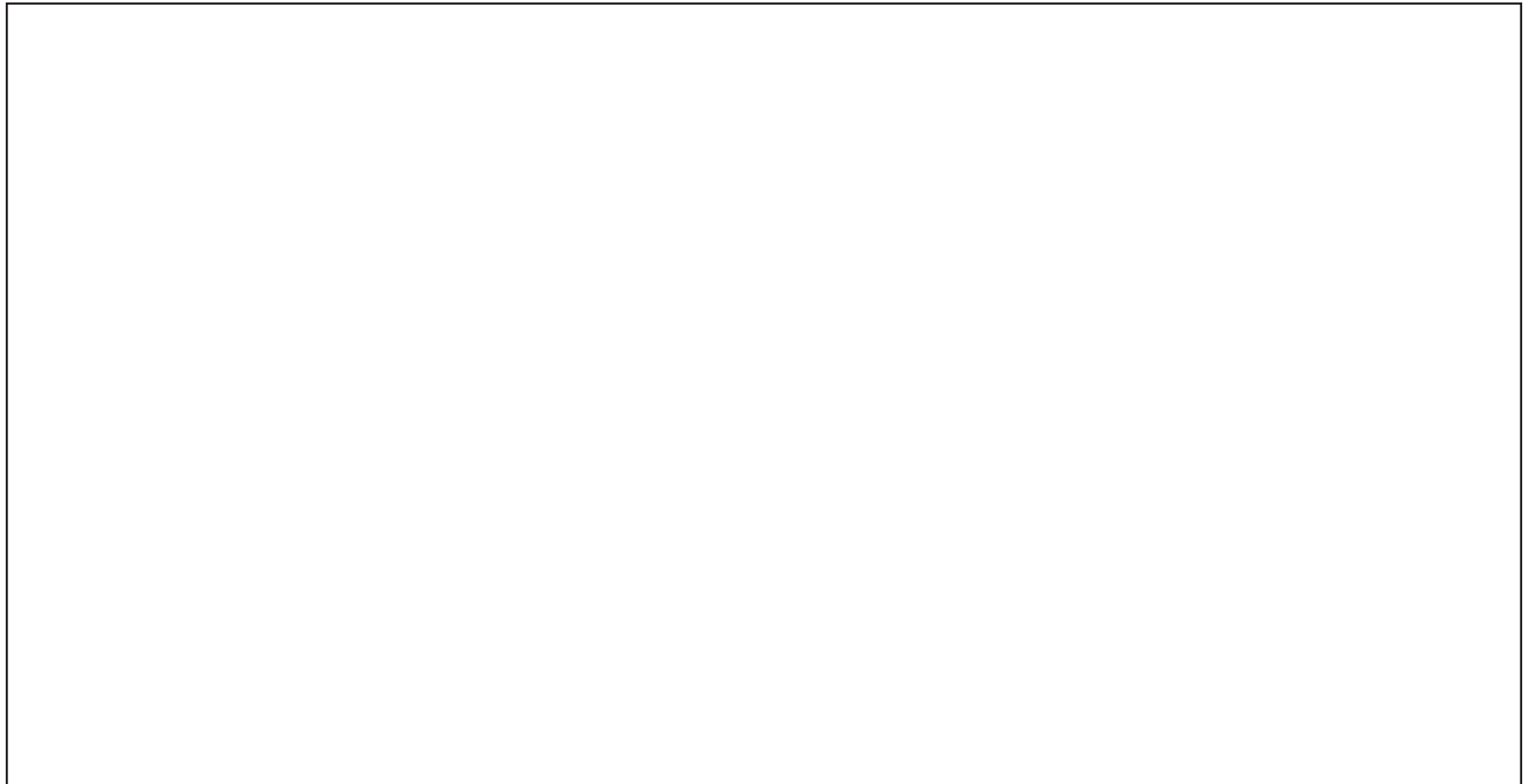
Who is staying home in your house?

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Draw the people who are at your home every day.





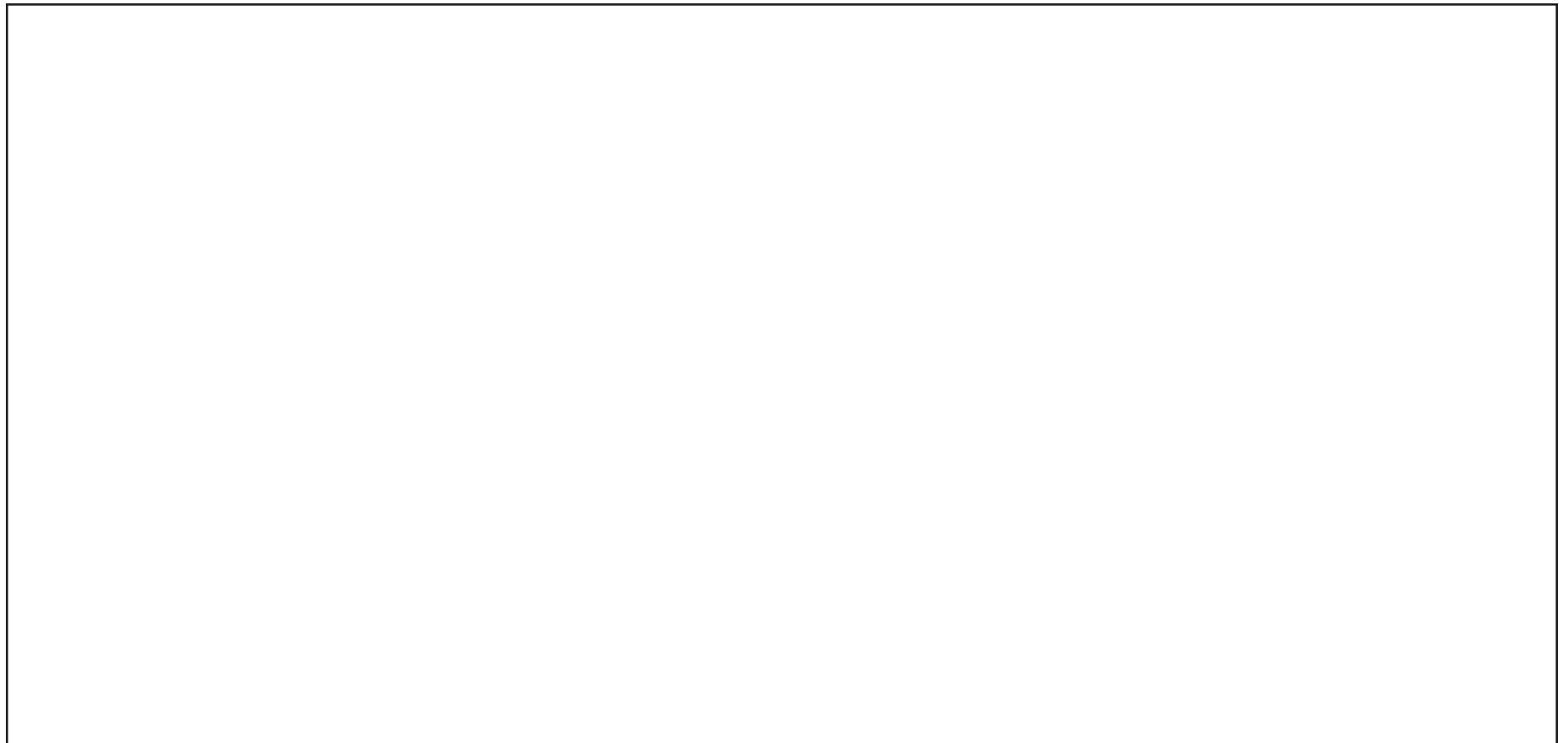
We are all trying to be careful. One way is “social distancing.” What does that mean?

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Draw two people practicing “social distancing.”







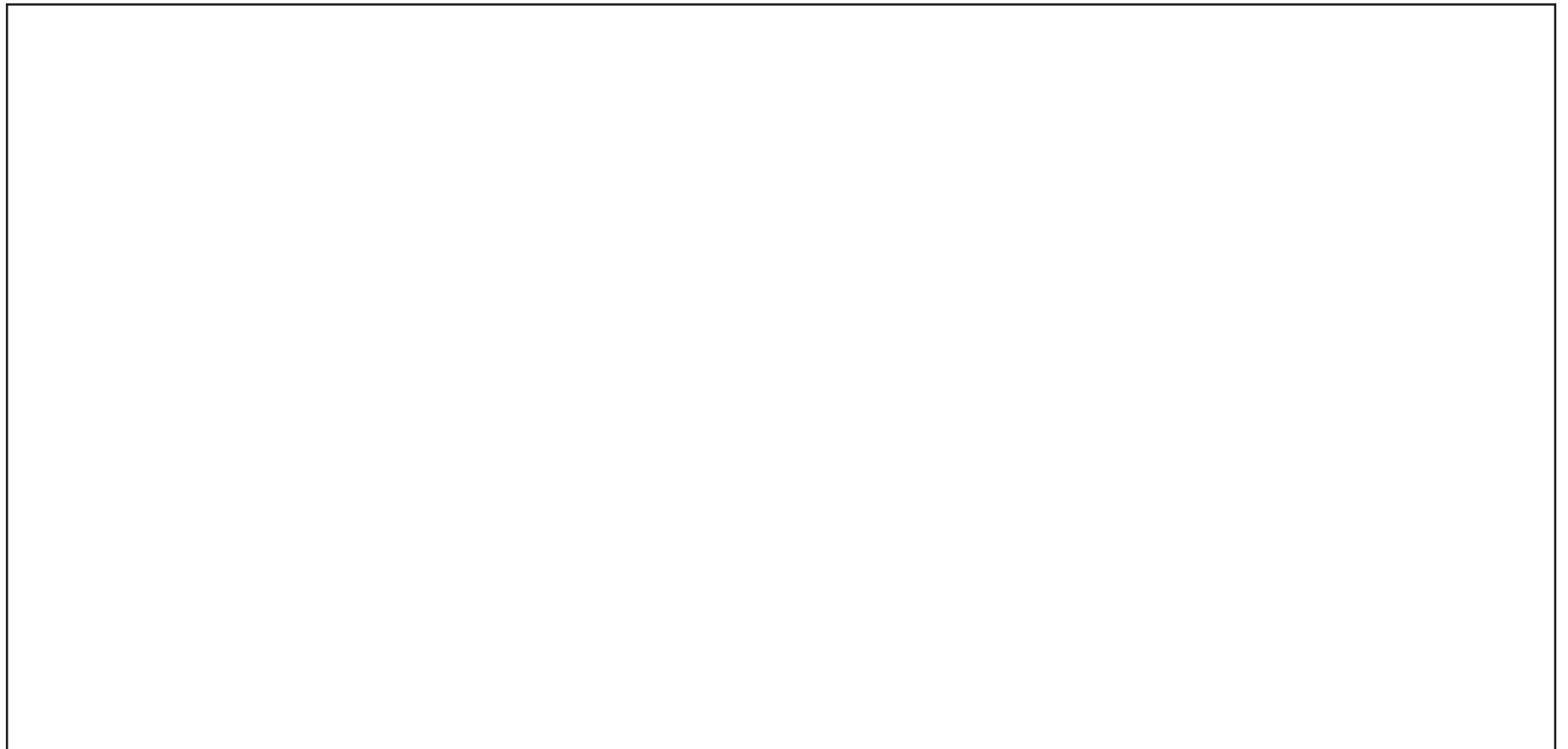
Hand washing is also very important. How do you wash your hands?

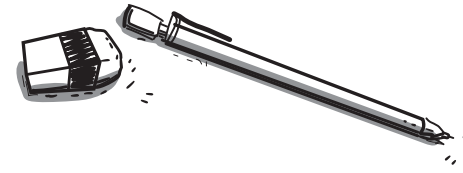
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Trace your hands. Write the word **clean** on one hand. Draw germs on the other hand.





What are you doing inside for exercise?

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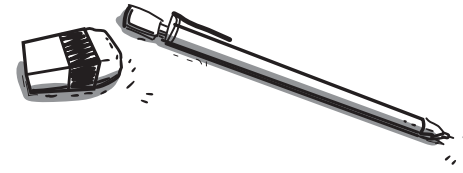
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Draw a picture of you exercising.





What do you like to do when you go outside?

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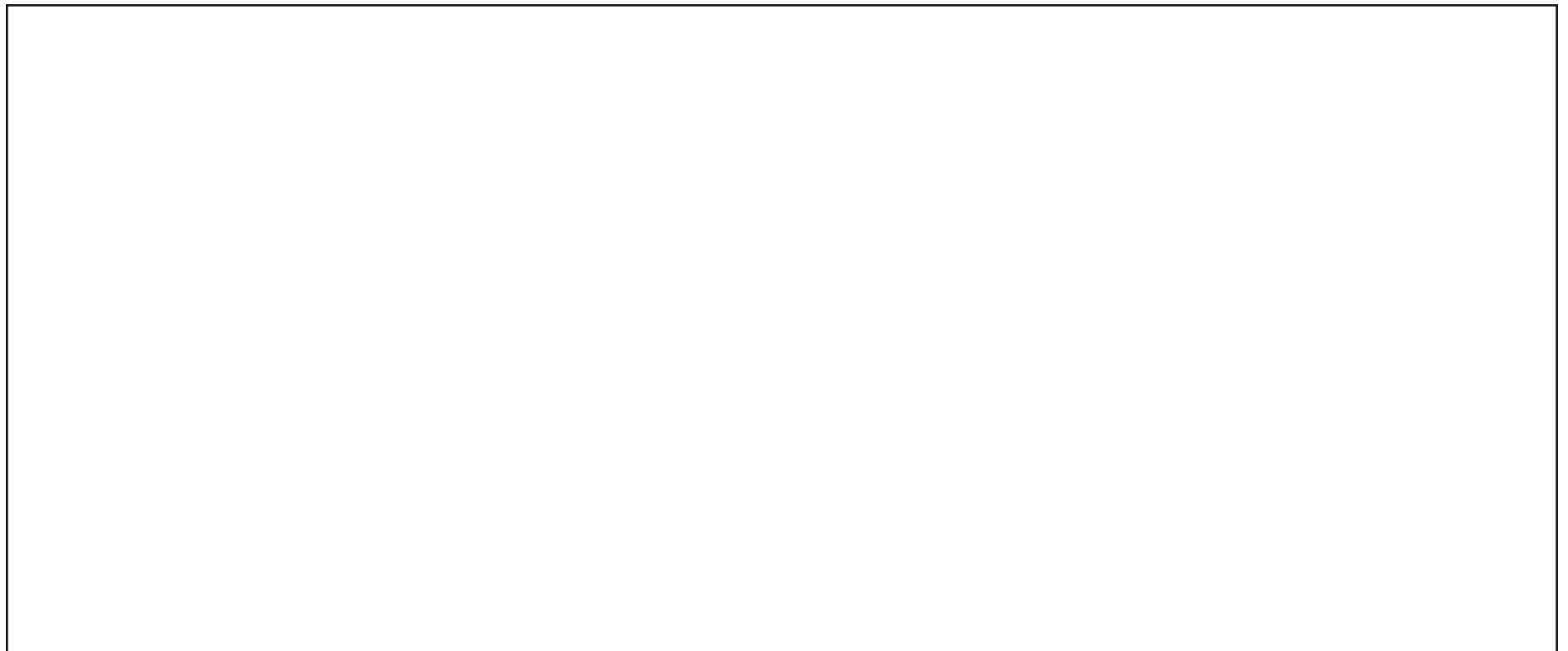
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Draw what you see when you go outside.





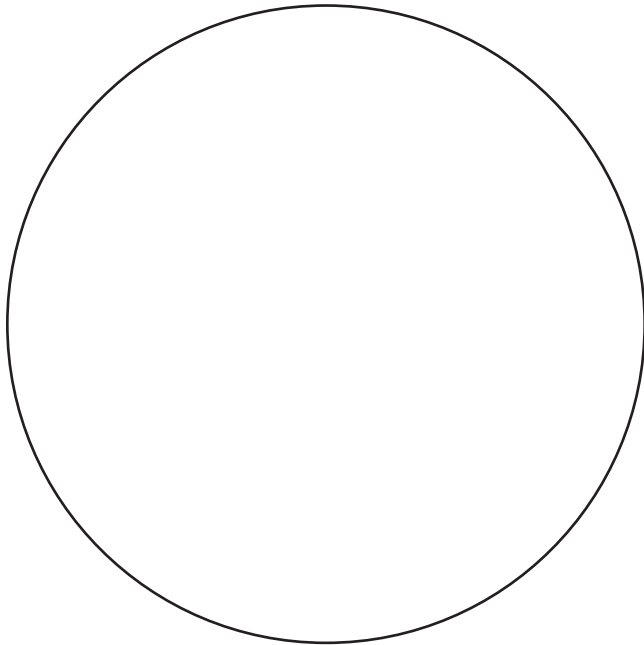
Sometimes we feel good, and sometimes we don't. Write about your feelings and make emoji faces in the circles.

I am happy when

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I can make other people happy by

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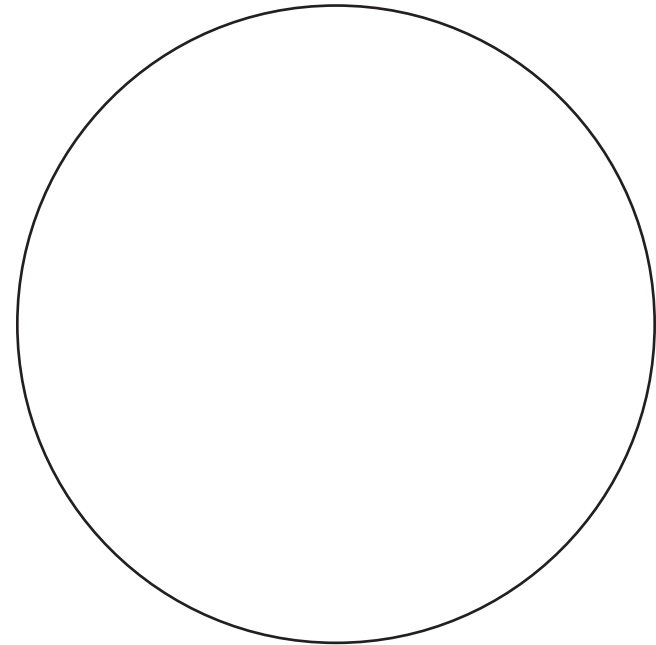
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I am mad when

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I can change how I feel by

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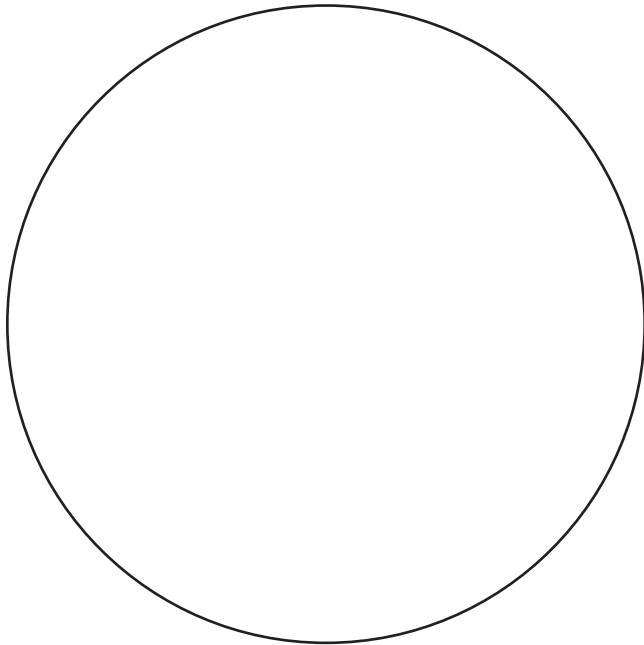
Our feelings are important. What can you do when you feel sad or worried?

When I am sad about

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I can feel better by

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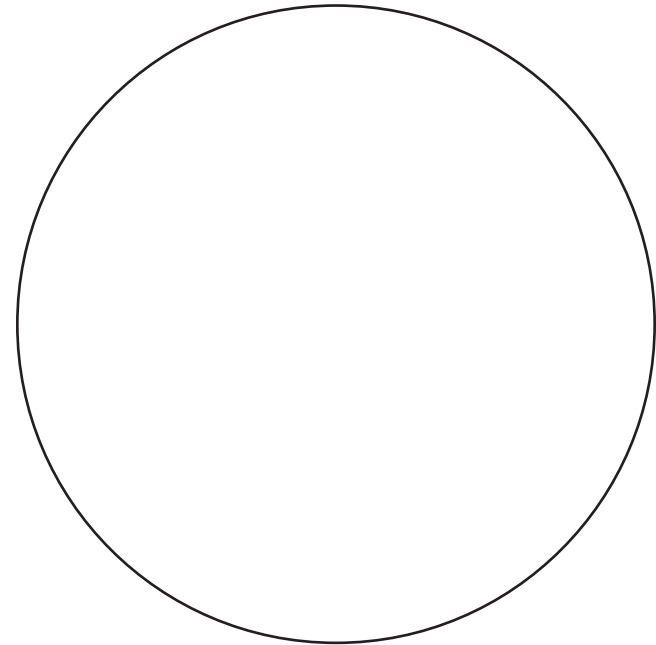
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When I am worried about

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it helps if I talk to

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Name these everyday heroes. Tell an adult what they are doing to help.



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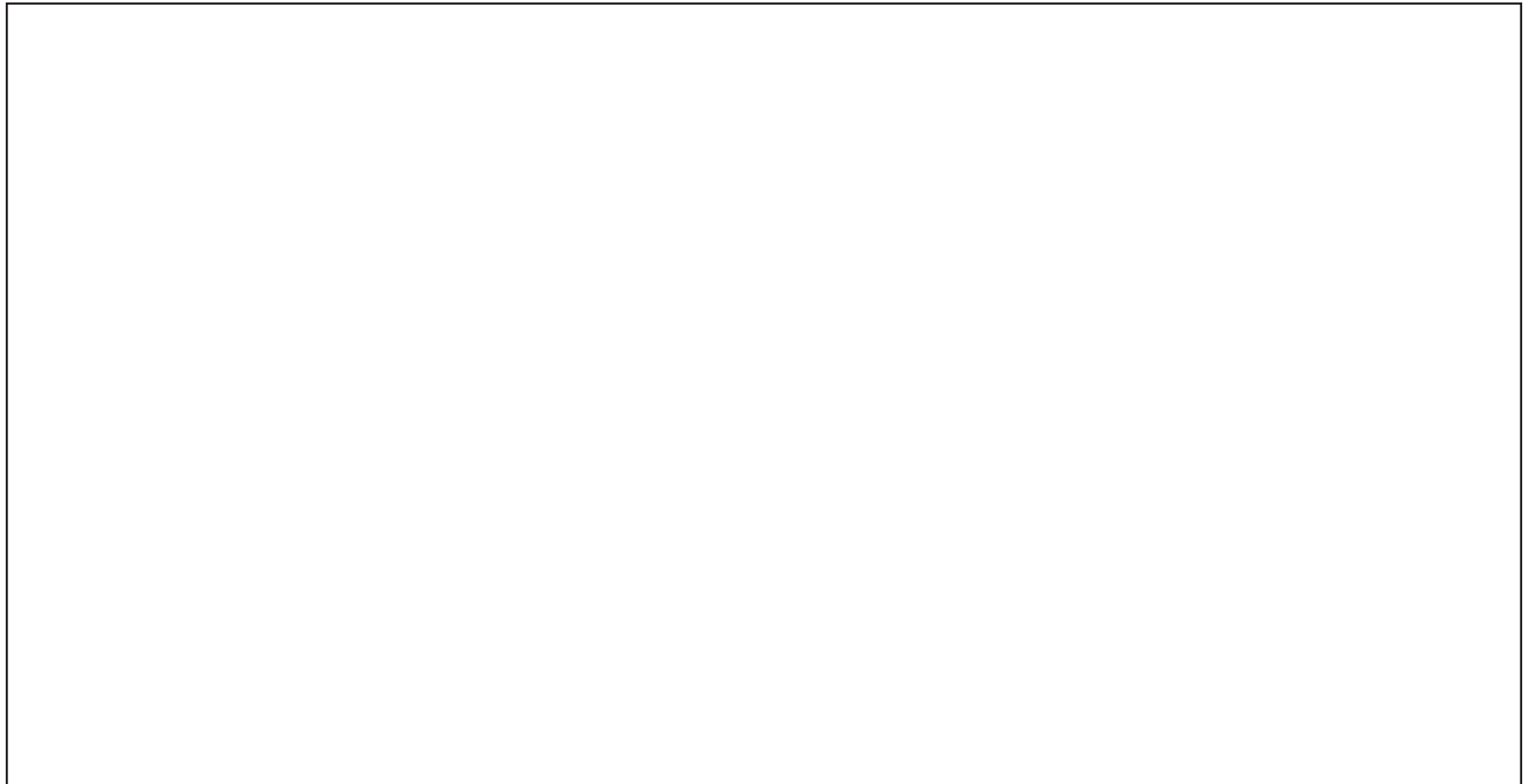
We can all be helpers. How are you helping around the house?

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Draw a picture of your favorite way to help.





It is important to eat healthy foods.

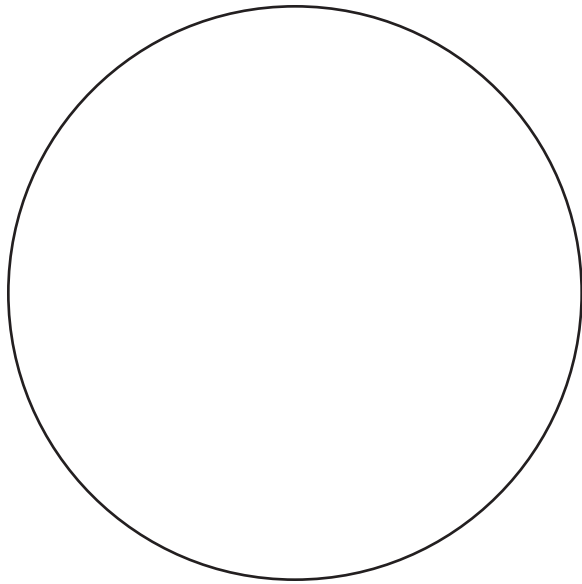
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What is your favorite healthy food?

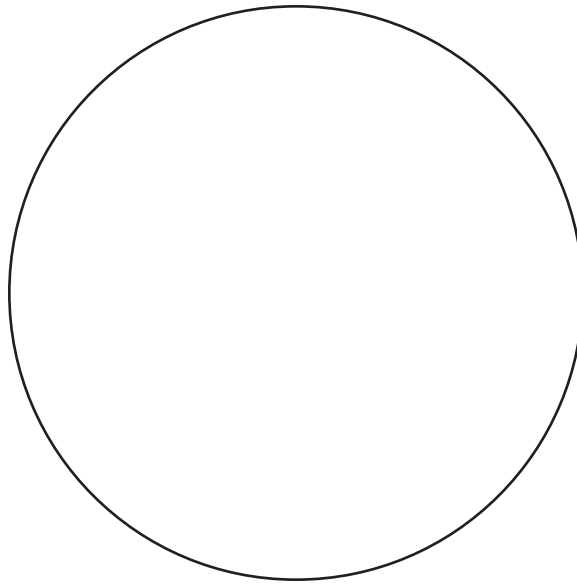
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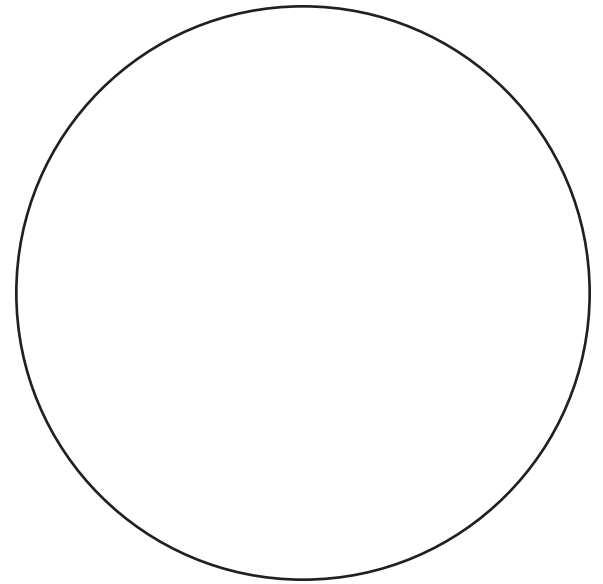
Draw foods you eat at each meal to stay healthy.



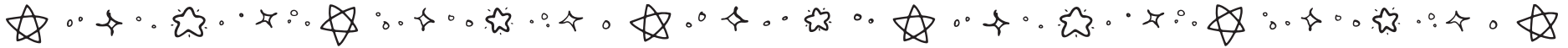
**Breakfast**



**Lunch**



**Dinner**



What is your favorite treat?

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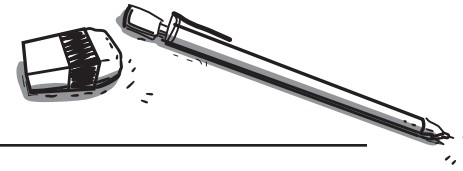




Name three things you like to do when you go outside.

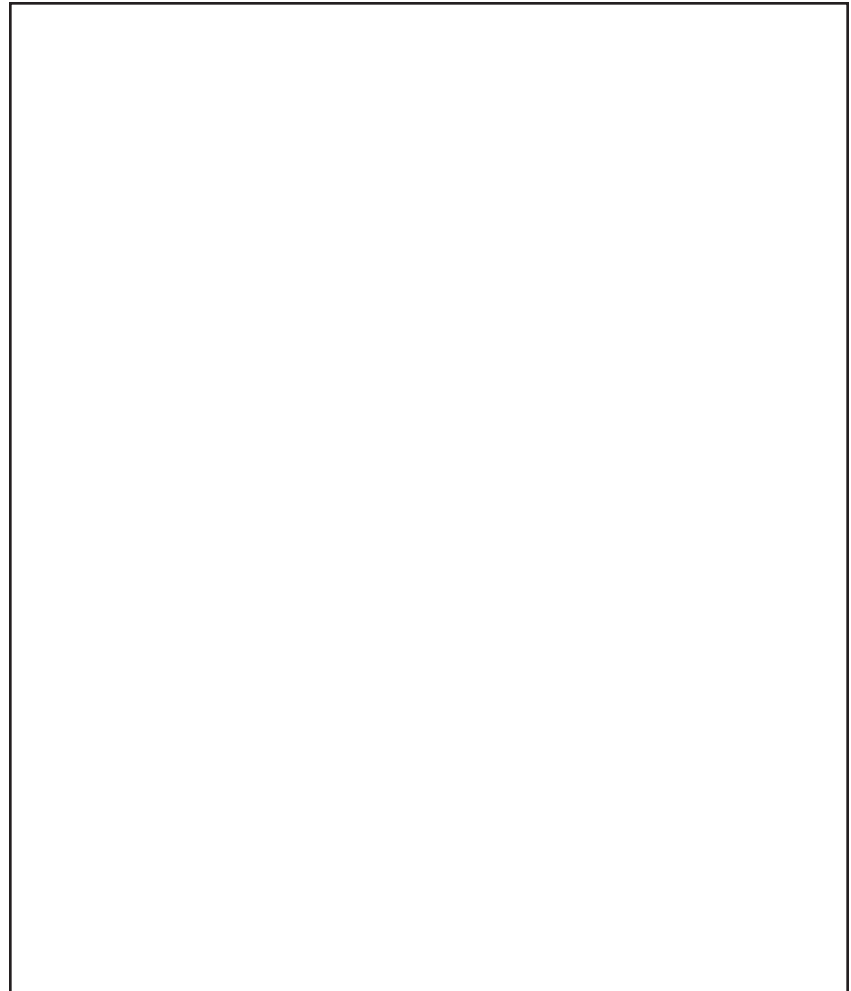
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Draw your favorite outside activity.



What are you reading today?

Write your favorite book titles here:



Draw your favorite character or book here.



Are you watching movies or videos? Write the names of the ones you enjoy here:

### My Movie List

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Circle your favorite one and put a check ✓ by the ones you watched for the first time.



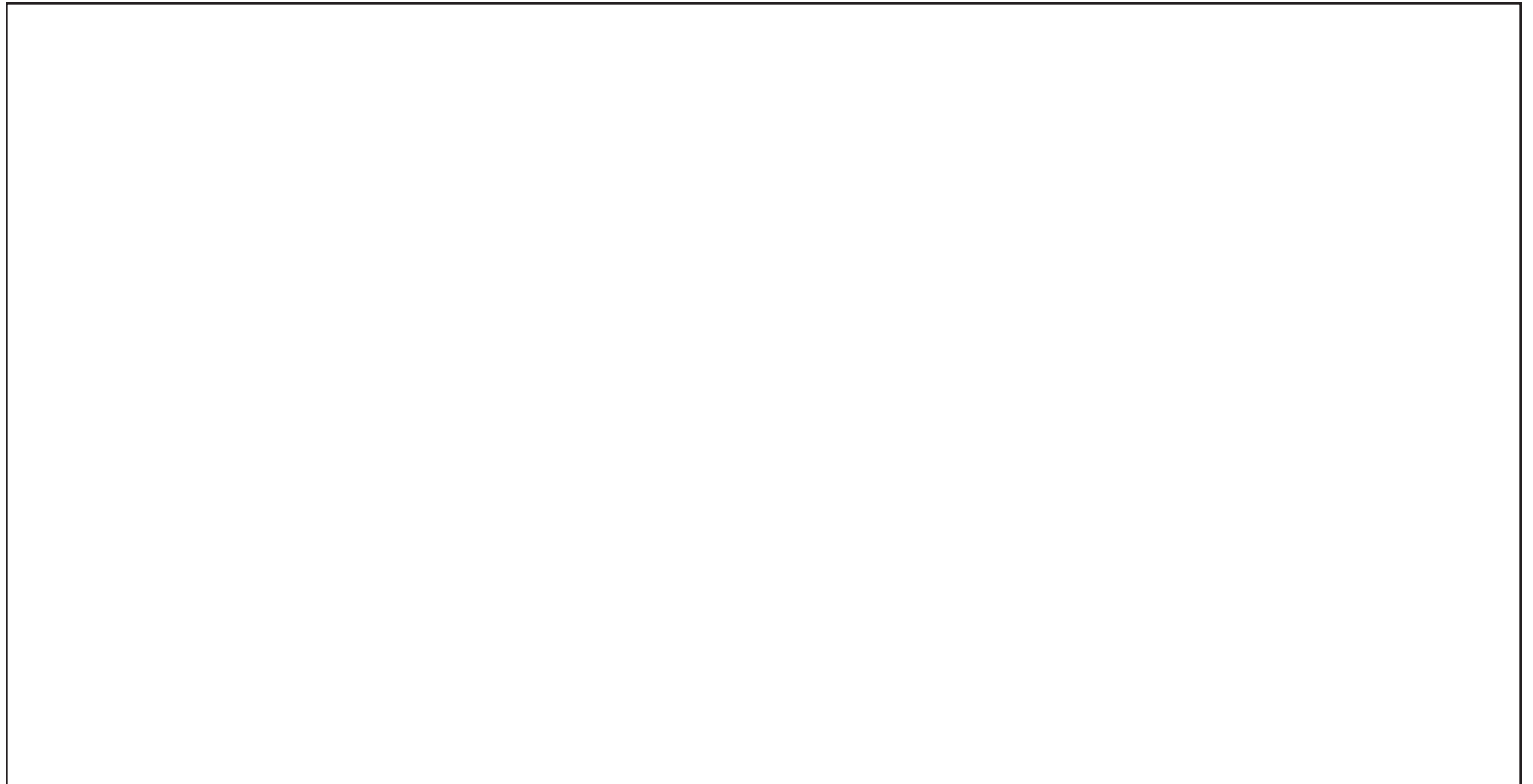
Who do you miss seeing at school?

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Draw a picture of the person you miss the most.

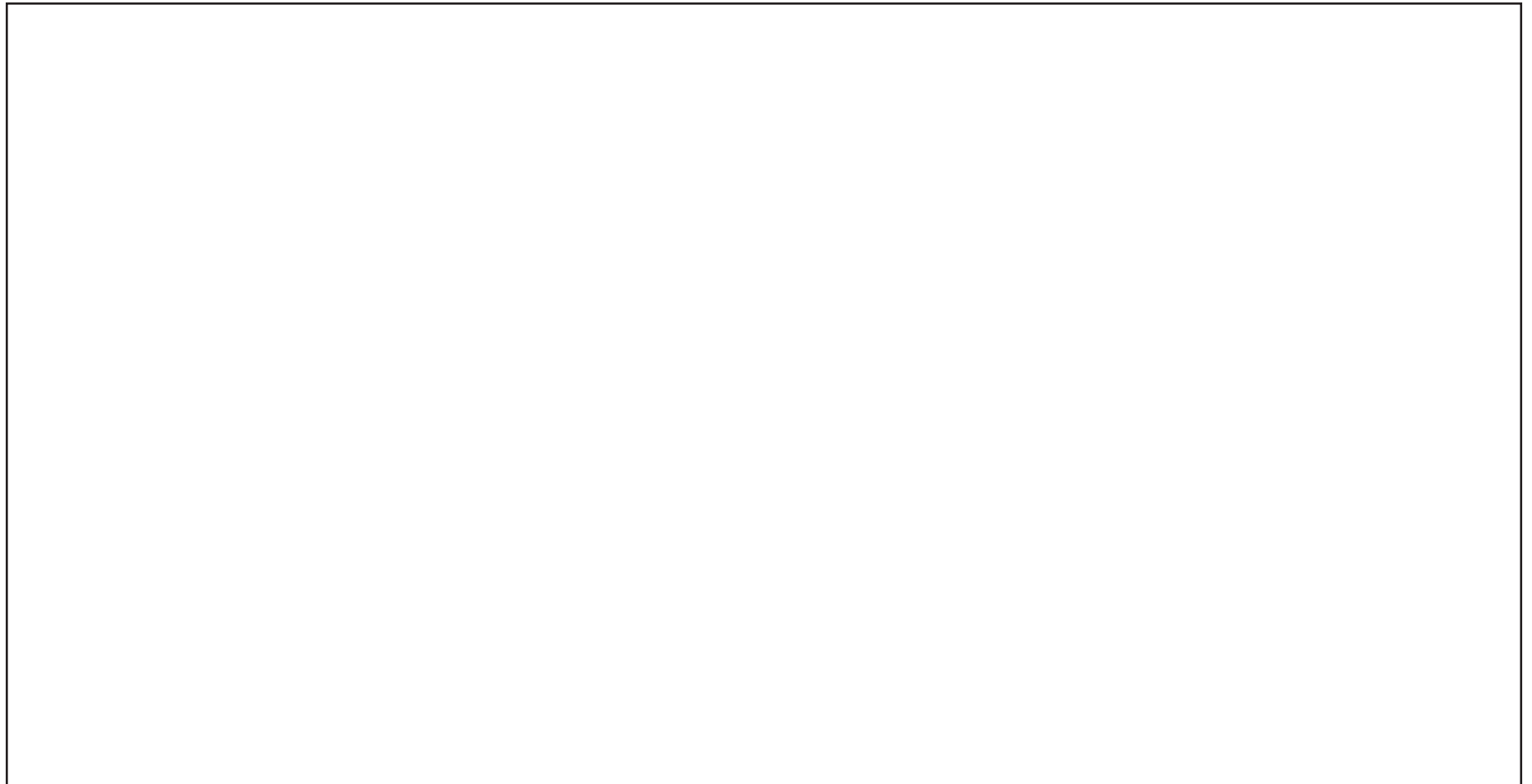




What are two things you want to do when you go back to school?

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Draw a picture of yourself at school.





What is the best part of having more time together as a family?

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Ask the people you live with to share their thoughts.

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