



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?

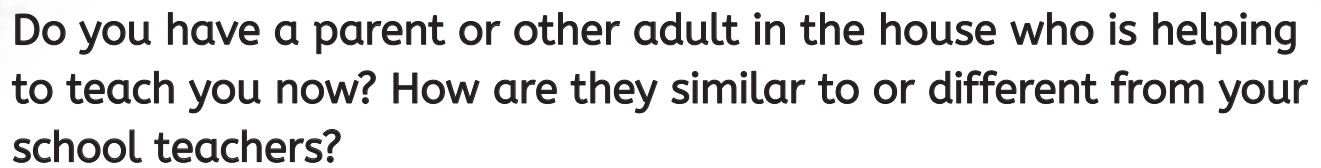
Home	School

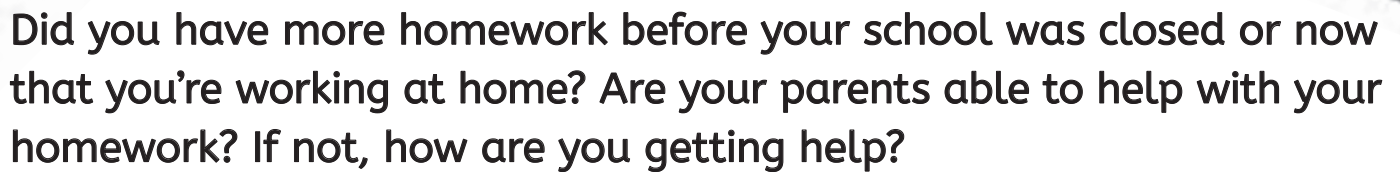
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What do you like about being home every day? What has surprised you most about being home all day?

[illegible]



Daily Routine



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

Before



Now





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?

[illegible]



Daily Routine

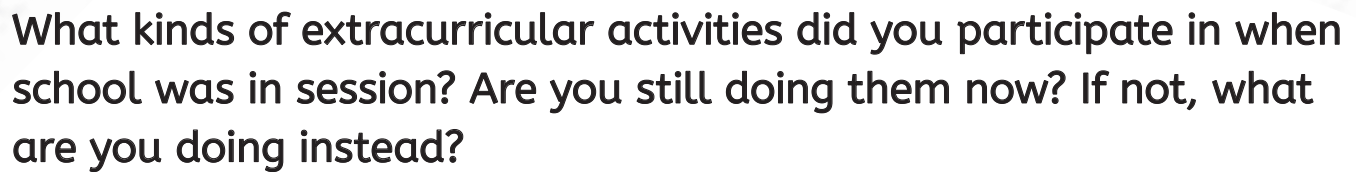


What are you doing for PE or exercise now? Draw pictures of you doing different physical activities.



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

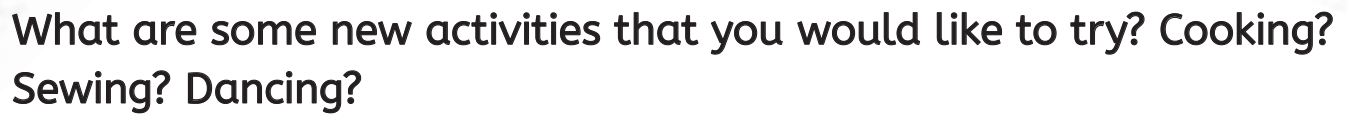
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What other things are you doing in your “free” time? Are you trying anything new?

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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?

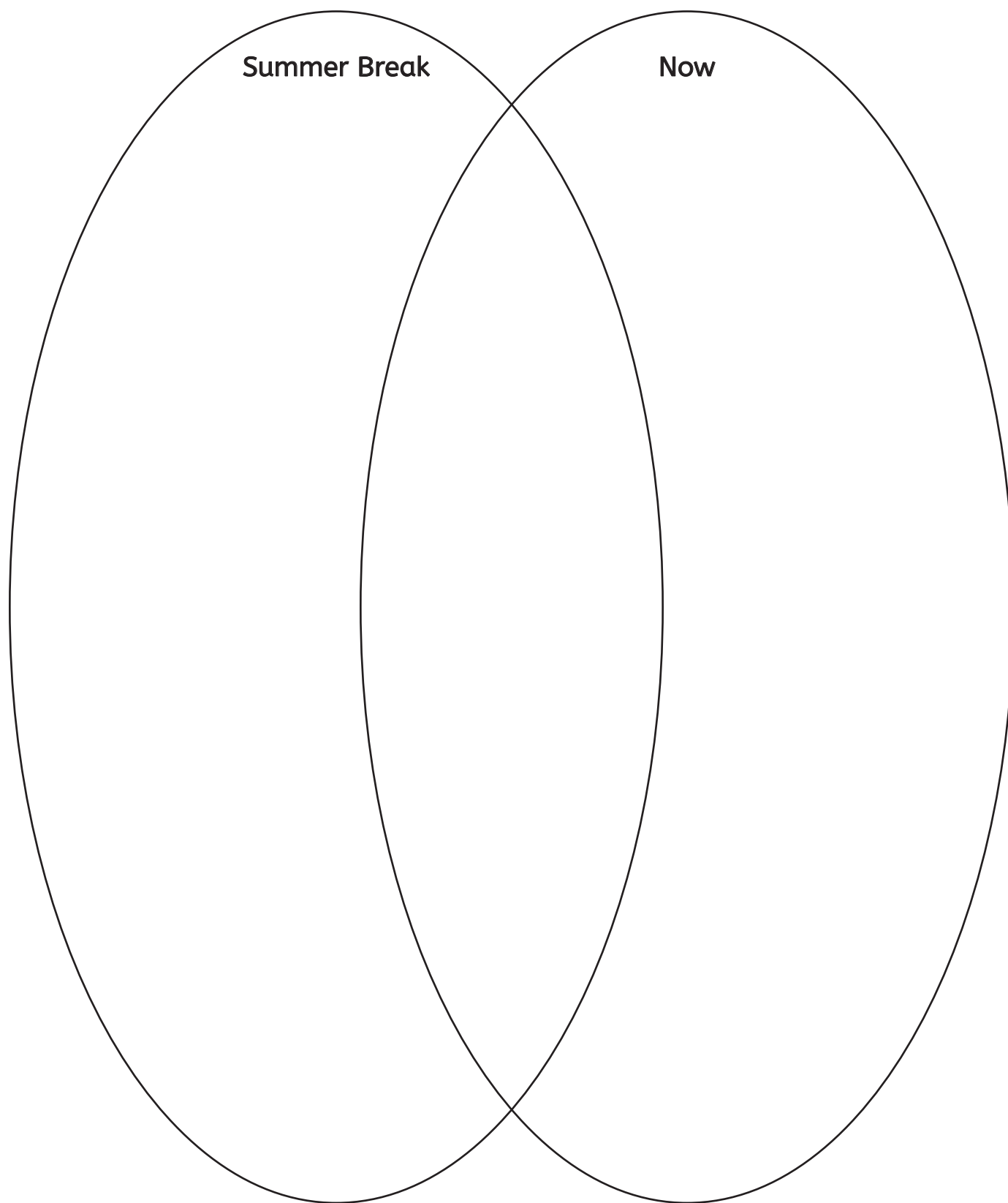




Free Time



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





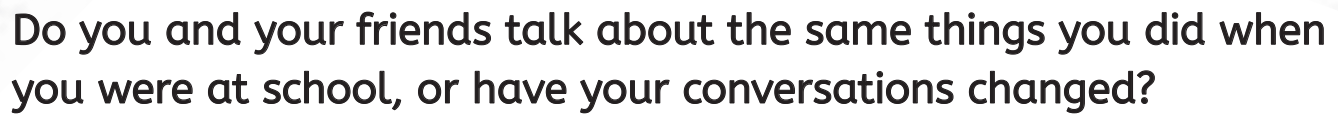
A simple line drawing of a pen and a small car. The pen is positioned diagonally from the top left towards the bottom right. The car is a small, boxy vehicle with a visible driver's side window and a steering wheel, positioned near the tip of the pen.

[illegible]

[illegible]

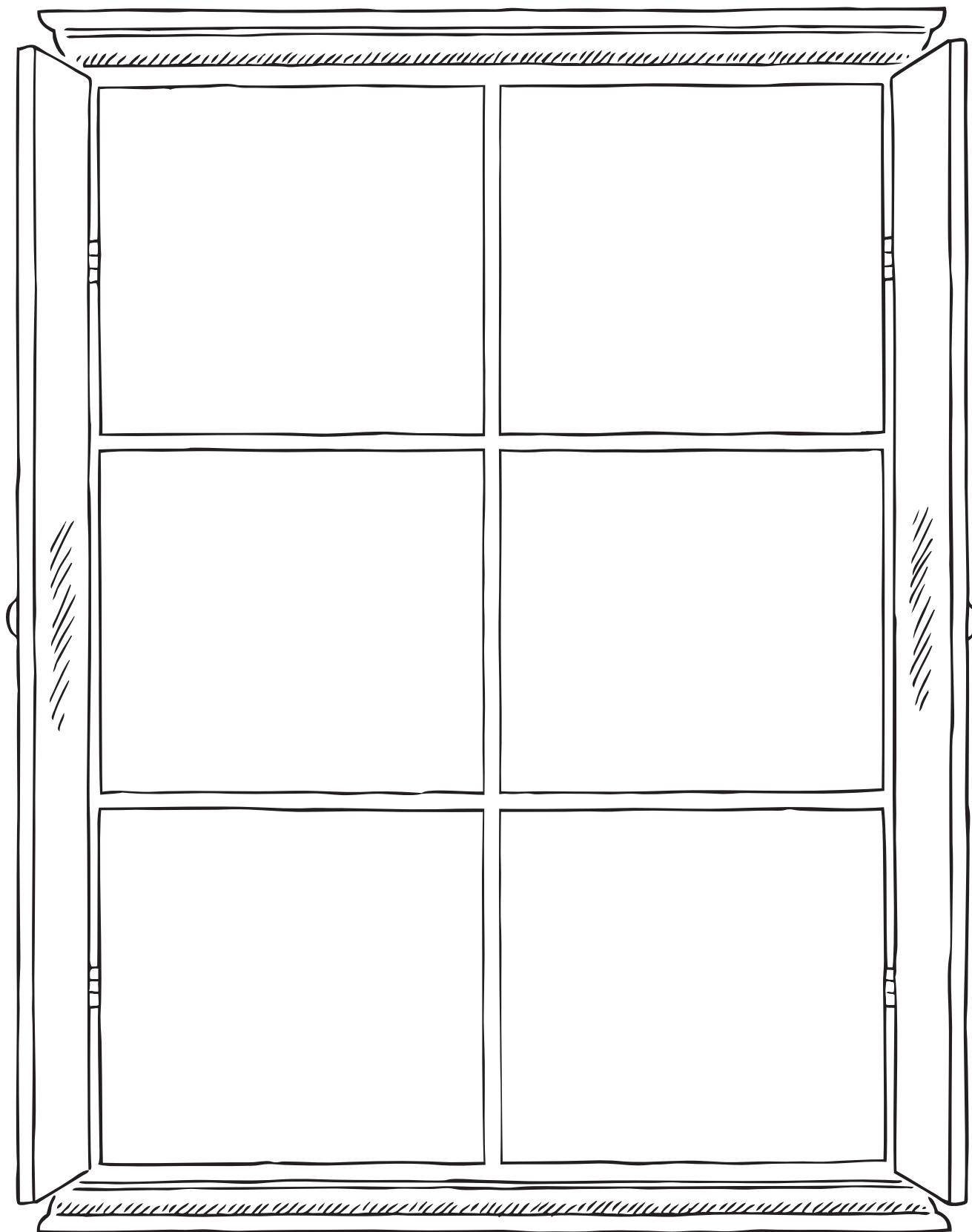


Are you still able to have fun with your friends? What are some things that you and your friends do for fun?

[illegible]

[illegible]

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



[illegible]



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

[illegible]

[illegible]



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

[illegible]



A simple line drawing of a pen and a small car. The pen is positioned diagonally from the top left towards the bottom right. The car is a small, boxy vehicle with a visible driver's side window, positioned above the pen's tip.

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

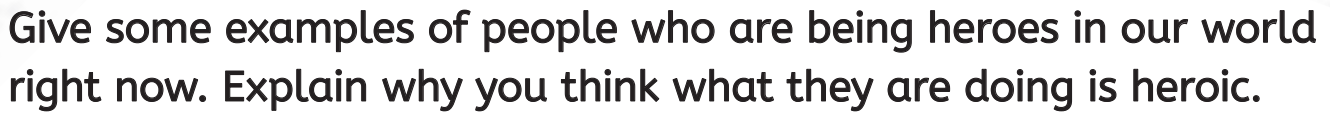
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If you could go back in time one year and tell your younger self about this time, how would you explain what is happening right now and the changes it has meant to your life?

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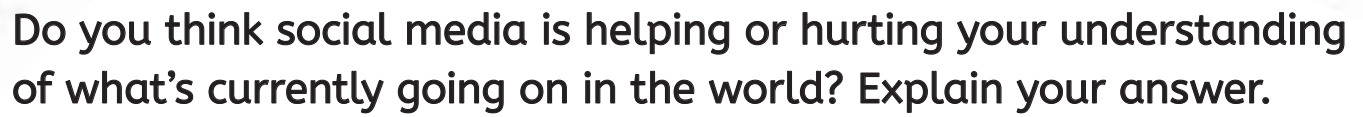
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How might the world change for the better because of what is happening right now? Think of a few ways and explain why those changes would be helpful.

[illegible]

[illegible]

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