



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



Daily Routine



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

Before



Now





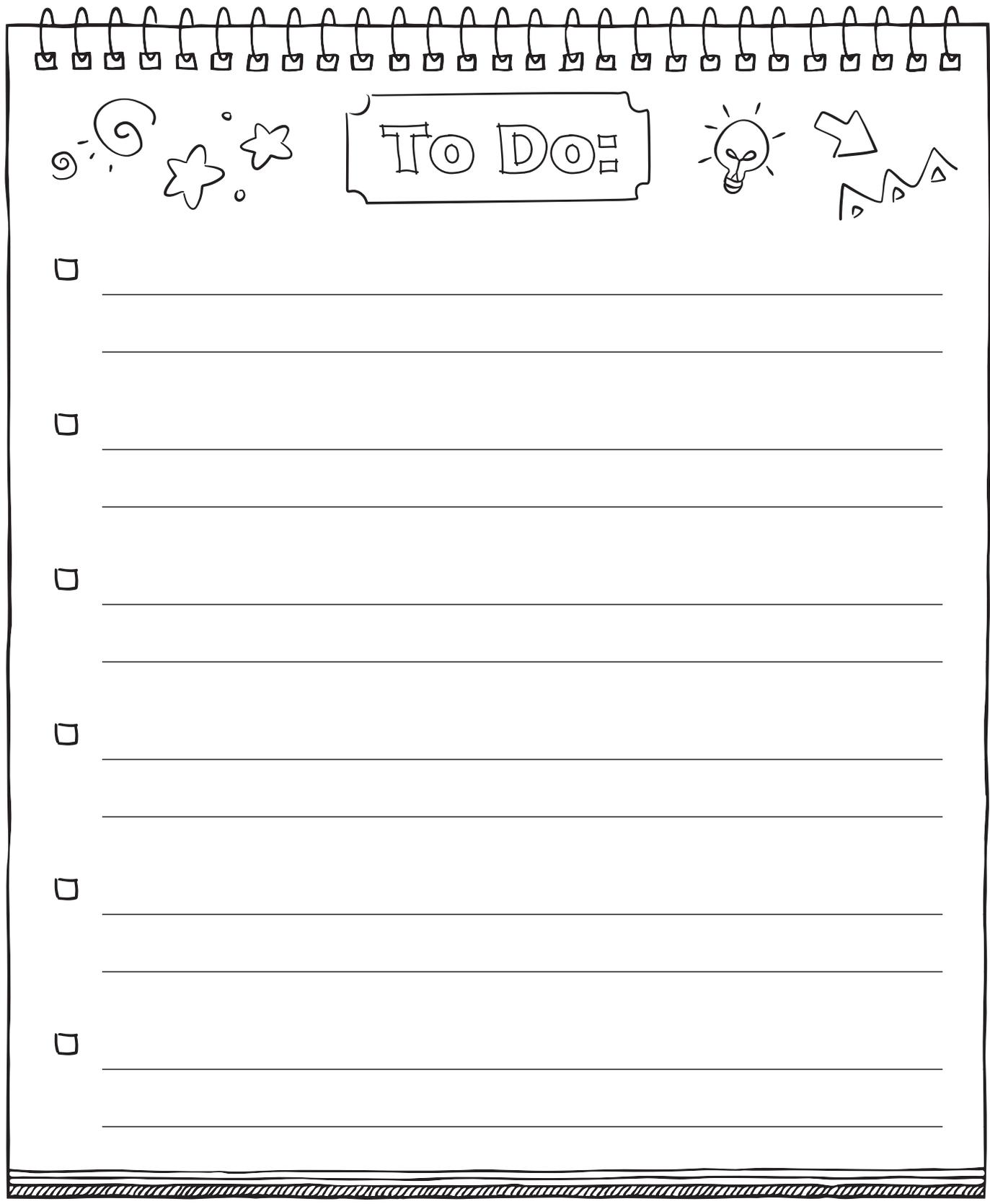
Daily Routine

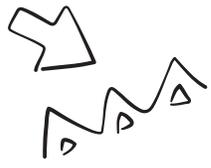


What are you doing for PE or exercise now? Draw pictures of you doing different physical activities.



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



 **To Do:**  

- _____
- _____
- _____
- _____
- _____
- _____
- _____



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

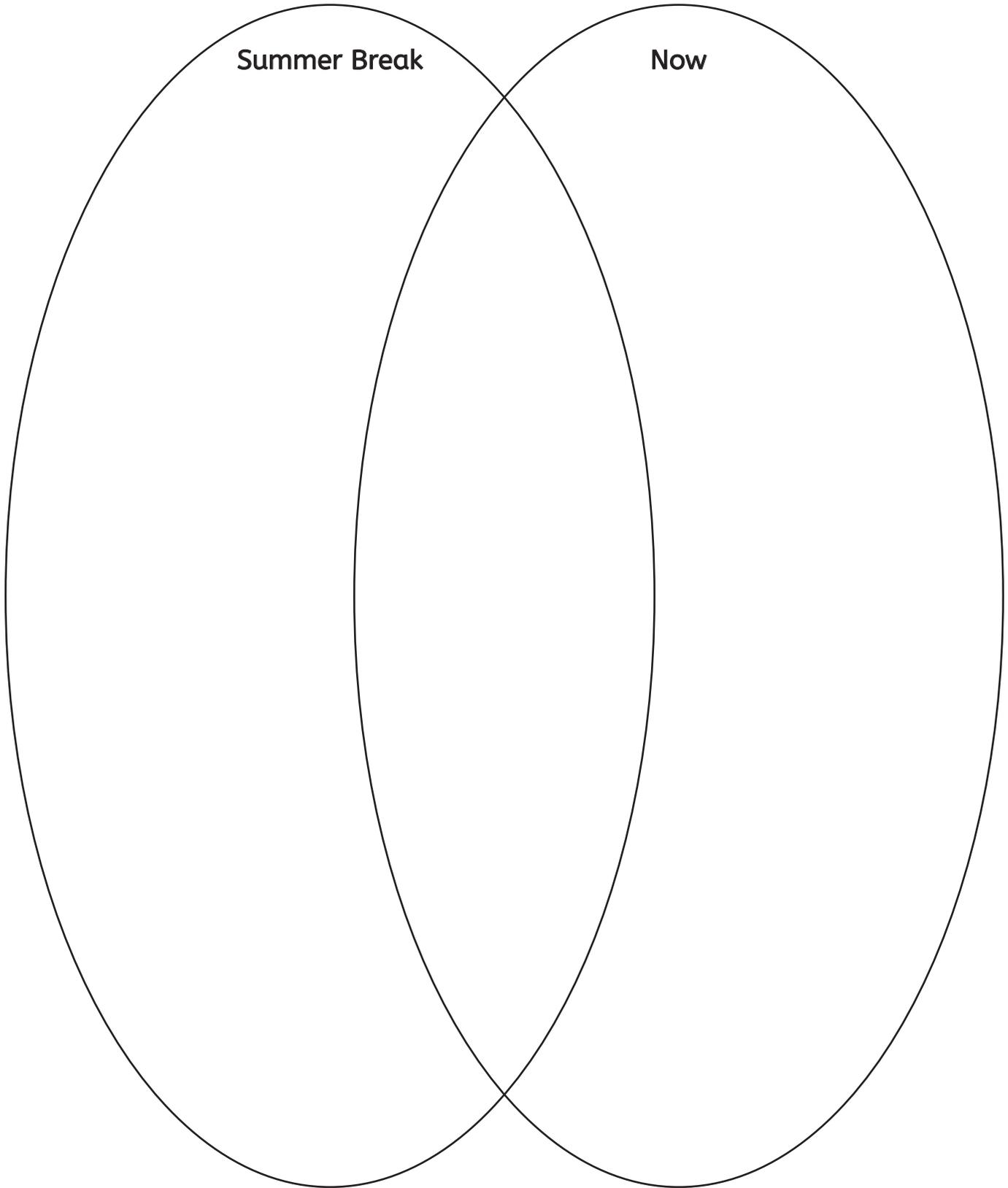




Free Time



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





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

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

