

Weekly Reflection: Tools to get started

It's been several weeks since you've completed a reflection. These tools may help you get ready to think and write.

WORD BANK			
Comfortable Feelings		Uncomfortable Feelings	
glad	relieved	sad	worried
happy	grateful	mad	frustrated
excited	proud	ashamed	scared
content	enthusiastic	guilty	stressed
calm	relaxed	overwhelmed	bored
satisfied	focused	distracted	annoyed

Examples:

When I finished writing a letter to my grandmother, I felt glad and proud because I know it will make her smile.

When the printer broke at our house, I felt worried because we have all been using it lately.

When we went for a walk in the sunshine, I felt relaxed because it was warm and bright.

Weekly Reflection: April 17, 2020

Think of something that has been going well for you this week. It could be about your school work, or how you get along with people. Write about that thing using the sentence below:

When _____, I felt
what is going well for you

_____ because _____
adjective(s) about your feelings *reason(s) you felt this way*

Now think of something that has been a challenge for you this week. It could be about your school work, or how you get along with people. Write about that thing using the sentence below:

When _____, I felt
what is challenging for you

_____ because _____
adjective(s) about your feelings *reason(s) you felt this way*

Write things that you noticed others do at home that were positive, nice, helpful, or kind. Include name(s) and details.

You may choose to share this with an adult at home, with Ms. Paglia Baker, or to keep it as a journal page about your feelings right now.