

## Weekly Reflection: Tools to get started

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 baked muffins I felt proud because they came out well.

When it rained all week, I felt frustrated because I don't like going outside in the rain.

When I revised my poem I felt focused because I wanted to make it the best it could be.

# Weekly Reflection: May 1, 2020

Think of something that has been going well for you this week. It could be about remote learning, other activities, 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 remote learning, other activities, 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.

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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.