




Commissioned by
 KAISER PERMANENTE®



Name: _____

SCHOOL IS DIFFERENT

JOURNAL ACTIVITY

Draw or Write your responses below.

What is school like now?

What do you miss about how school used to be?

Think back to the beginning of Quarantine. If you felt sad or frustrated,
what did you do to help yourself feel better?

I GOT
THIS!



Make a "Feel Good" Plan

Here are some things you can do to help yourself feel better... Remember, YOU GOT THIS!

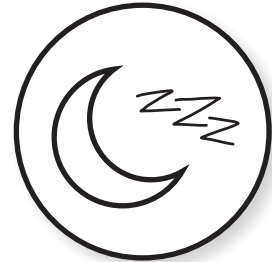
Exercise



Take a few breaths



Get a good night's sleep



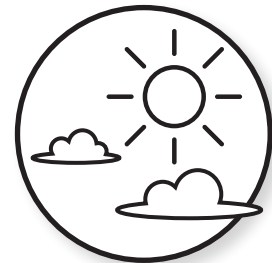
Find a trusted adult to talk to



Take a break in a quiet space



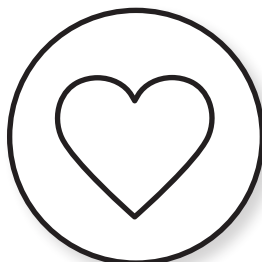
Get some fresh air



Enjoy nature



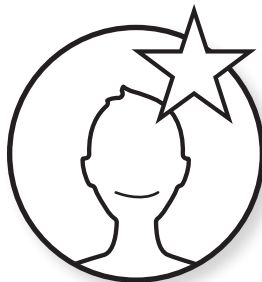
Do something nice for someone else



Think about what you are thankful for



Be kind to yourself



MY PLAN:

If I feel sad or frustrated about school being different, I can _____

or _____ to help myself feel better.

REFLECTION:

Which of the items listed above do you already do?

Which of the items above would you like to begin doing more of?

What is the first step toward meeting your goal to do more of what will help you “Feel Good”?
(e.g., I will plan to go to bed 30 minutes earlier tonight, or I can do 10 jumping jacks during my break today.)

I GOT THIS!

