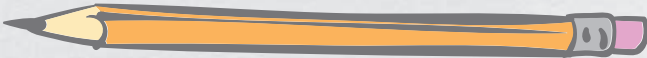




Express
yourself!

my JOURNAL





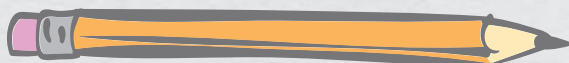
Introduction

Journaling can be a helpful way to express yourself and begin coping with some of the challenging emotions that come with this stressful time. Below are some prompts that can get you started.

For children and teenagers who are able to work independently, we encourage you to get creative and make the journaling process your own.

For younger children, or those who require more support, we encourage parents and caregivers to guide your children through the prompts and even journal alongside them.

Journaling together may open the doors to some great family discussions.



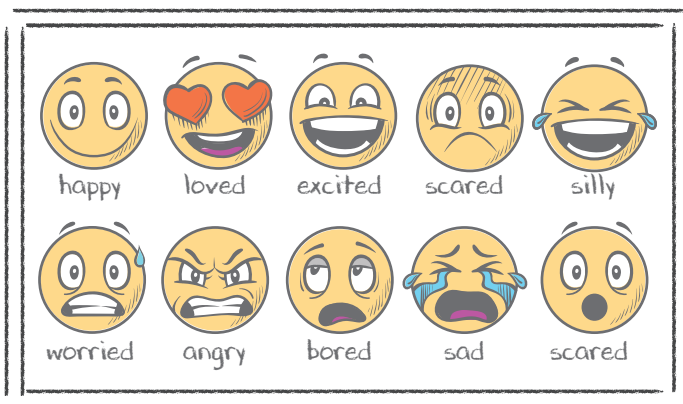
Checking In

To get started with your journaling, take some time each day to ask yourself some or all of the questions below. You can write a response with words, or draw a picture.

How am I feeling today?

Why am I feeling this way?

You can use this feelings chart to help you identify how you are feeling.



The best part of my day was...

The hardest part of my day was...

How did I get through it?

I'm looking forward to...

Today I feel...



The best part of my day was...



The hardest part was...

I'm looking forward to...





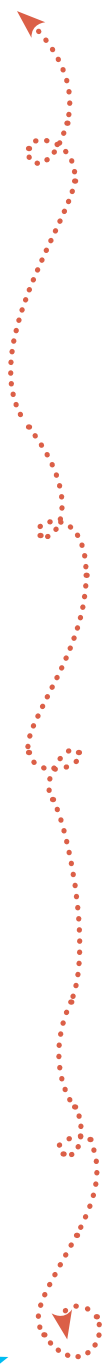
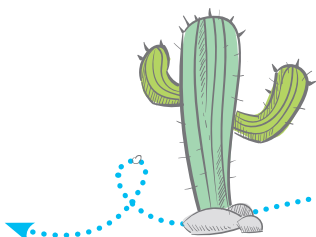
Thinking about your day and your family

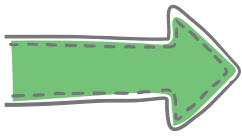
1. What are some things that have changed in the past two months? How about some things that have stayed the same? Use words or pictures to describe them.
2. What are some things you are able to decide about your day? Make a list of some of the things you can control right now and some of the things you cannot control right now.
3. How did you play today? Describe it in words or draw a picture. How can you make time for play or joy in your day?
4. Who are the people who are helping you in your life right now? What are they doing that helps you?
5. Create a list of things that you and your family want to do while you're all at home together.

These things are different...



These things are the same...

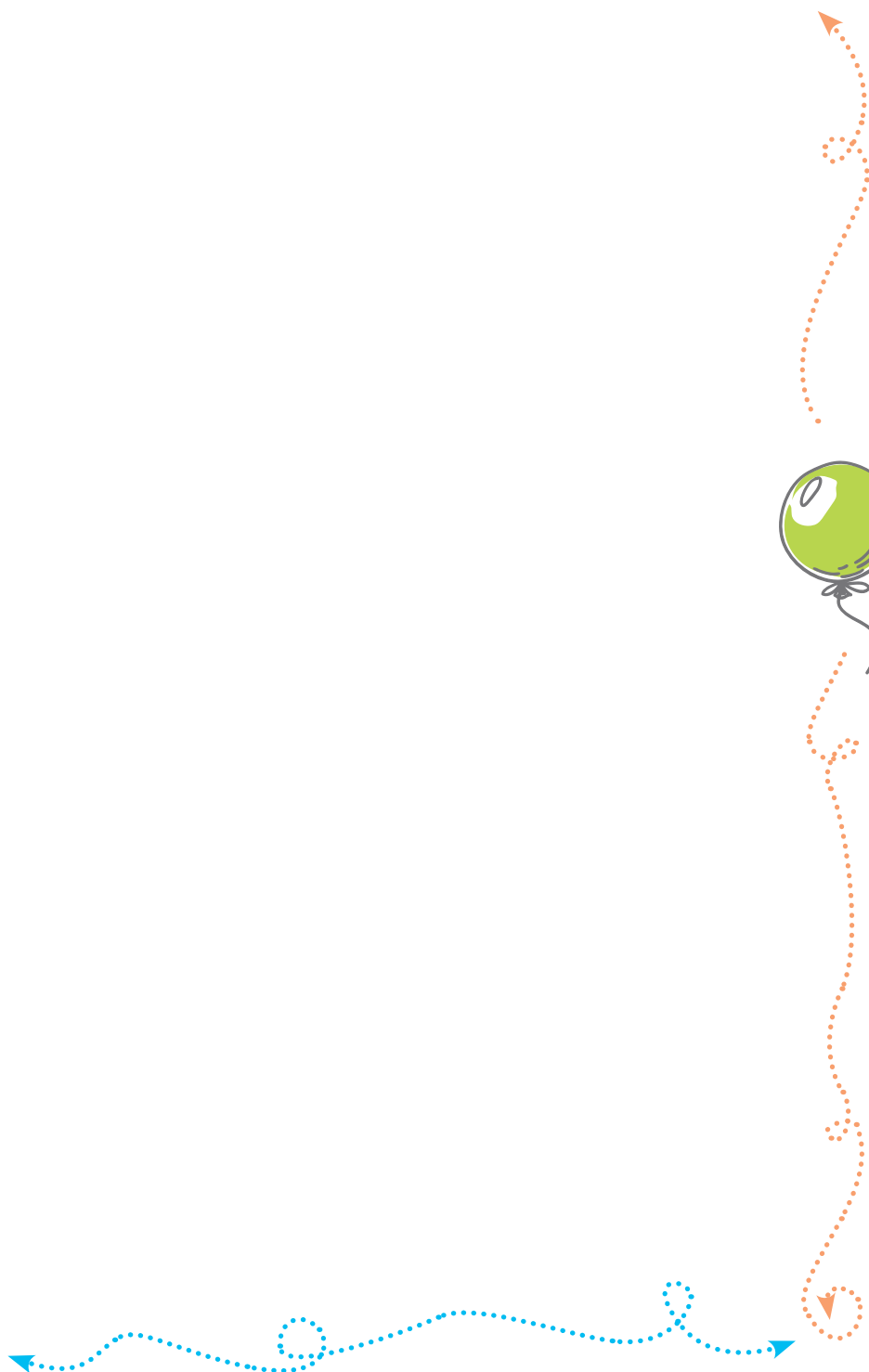




Today I decided to...



I made time for something fun when I...



The people who are helping me are...



While we are home, my family wants to...



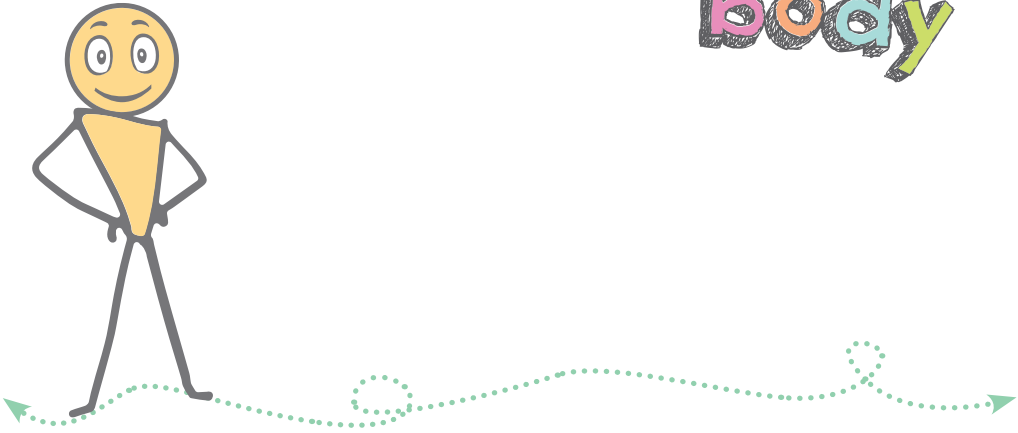
We all find ways to cope or deal with things that happen around us. You might hear us call them coping skills. Think about the ways you cope or get through your day and write or draw them. It's okay to use extra paper.

What are some ways you can move your body safely inside your house? Add your ideas to this list:

Jumping jacks	_____	_____
Stretching	_____	_____
Dancing	_____	_____

Move your body for five minutes and then draw or write about how your body feels.

move
your
body



Use your five senses to help your mind and body feel calm wherever you are right now. Write or draw:

5 things you can see...

4 things you can touch...

3 things you can hear...

2 things you can smell...

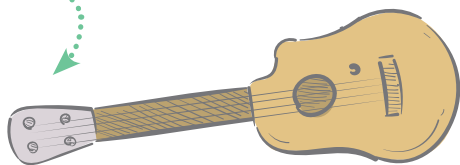
1 thing you can taste...

or

Imagine a place where you feel calm and happy. Describe this place in words, or draw a picture of this place. Think about what you would see, hear, touch, feel, and smell in this place.



Listen to a song that you like. Write or draw about how the song makes you feel. 😊



Doodle!



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