

Weekday Journaling

March 23 - May 1, 2020

The world is facing the Covid19 Pandemic. Here are some questions and prompts for your reflection. Share your stories in a print or video journal. Add photographs or drawings. Talk about these questions with a family member or friend in your home or across the miles using telecommunication resources. www.sacredstoriesfilms.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	Something I noticed today that made me smile was...	Write about something you want to do this summer.	What's a skill you'd like to learn during this time?	If you could go anywhere in the world today, where would you go?	What is something you learned this week?	28
29	The hardest part of today was...	Write the lyrics to a poem or song about this time.	Write about a memory you have from last month.	Write about a memory you have from last spring.	A book I loved reading recently was...	4
5	Make a list of things that bring you joy.	What does the word "friend" mean to you?	I'm looking forward to ...	Go for a walk. Write about what you experienced.	Today, I'm thankful for...	11
12	Something I hope I'll always remember about today is...	I'm worried about...	I felt proud of myself today when...	Write about the weather today.	Go outside for 5 minutes & be still. What did you hear? See? Smell?	18
19	Who is a family member that you are grateful for today? Why?	What did you do today that was helpful to someone else?	Something I noticed today that made me smile was...	The hardest part of today was...	I'm looking forward to ...	25
26	Write about your day.	My favorite outdoor activity is...	Write about a memory you have from last year.	Describe the perfect day.	Is journaling helpful to you? Why or why not?	

