

Daily Reflection

If you are reading this, it is because school has closed for a little while. That is simply to make sure that the adults in your life are still keeping you as safe as always. Right now, in the world there is a lot going on that seems big and scary, so it is more important than ever that you remember your network and talk to them regularly about anything that is on your mind.

So, each day try to reflect on the things you felt the most, the things you enjoyed, the things you are grateful for, the things you can be happy about. Each night, in a journal or simply in a conversation, try to answer the following questions and share them with your grown-ups at home.

1. Today I mostly felt...

Happy

Excited

Nervous

Bored

Sad

Worried

Joyful

Challenged

Anything else?

I felt like this because...

2. List the best parts of your day.

I am grateful for...

I am happy about...

I enjoyed...

3. Set yourself a goal...

Tomorrow I will...

Some suggestions...

Read a new book.

Play a new game.

Help out around the house.

Have no screen time for an hour!

Eat all my dinner.

Get an early night.

4. End each day with a prayer.

God is my helper.

God is my guide.

God is always at my side.

God is my protector.

God is my shield.

God is my strength.

I need not fear, for God is Here.

Amen