

Let your **VOICE** be heard



ANGRY



ASHAMED



BORED



CONFUSED



DISGUSTED



ECSTATIC



EMBARRASSED



EXHAUSTED



FRIGHTENED



GUILTY



HAPPY



HOPEFUL



LONELY



LOVE STRUCK



NERVOUS



OVERWHELMED



SAD



SHY



SURPRISED



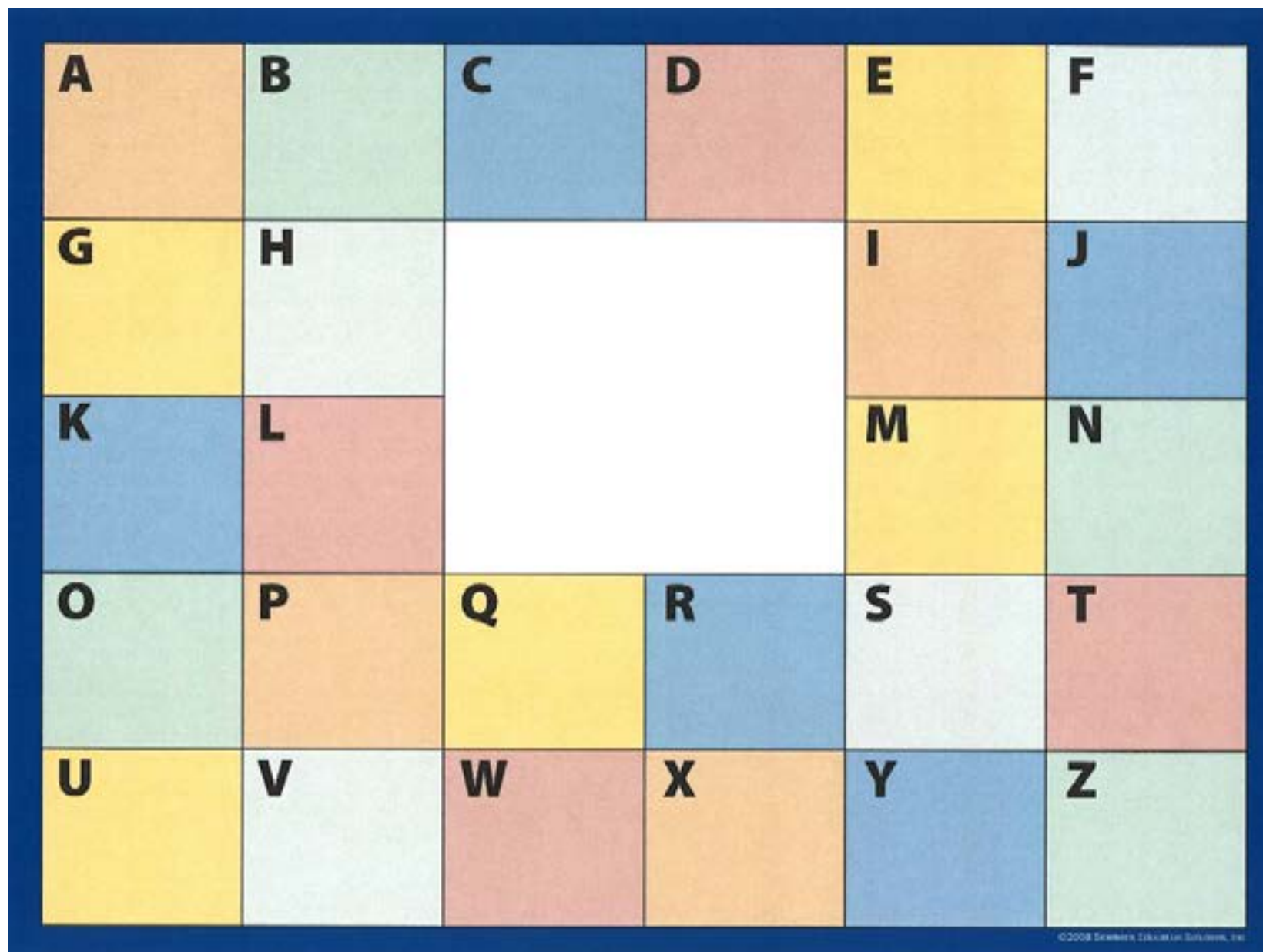
SUSPICIOUS

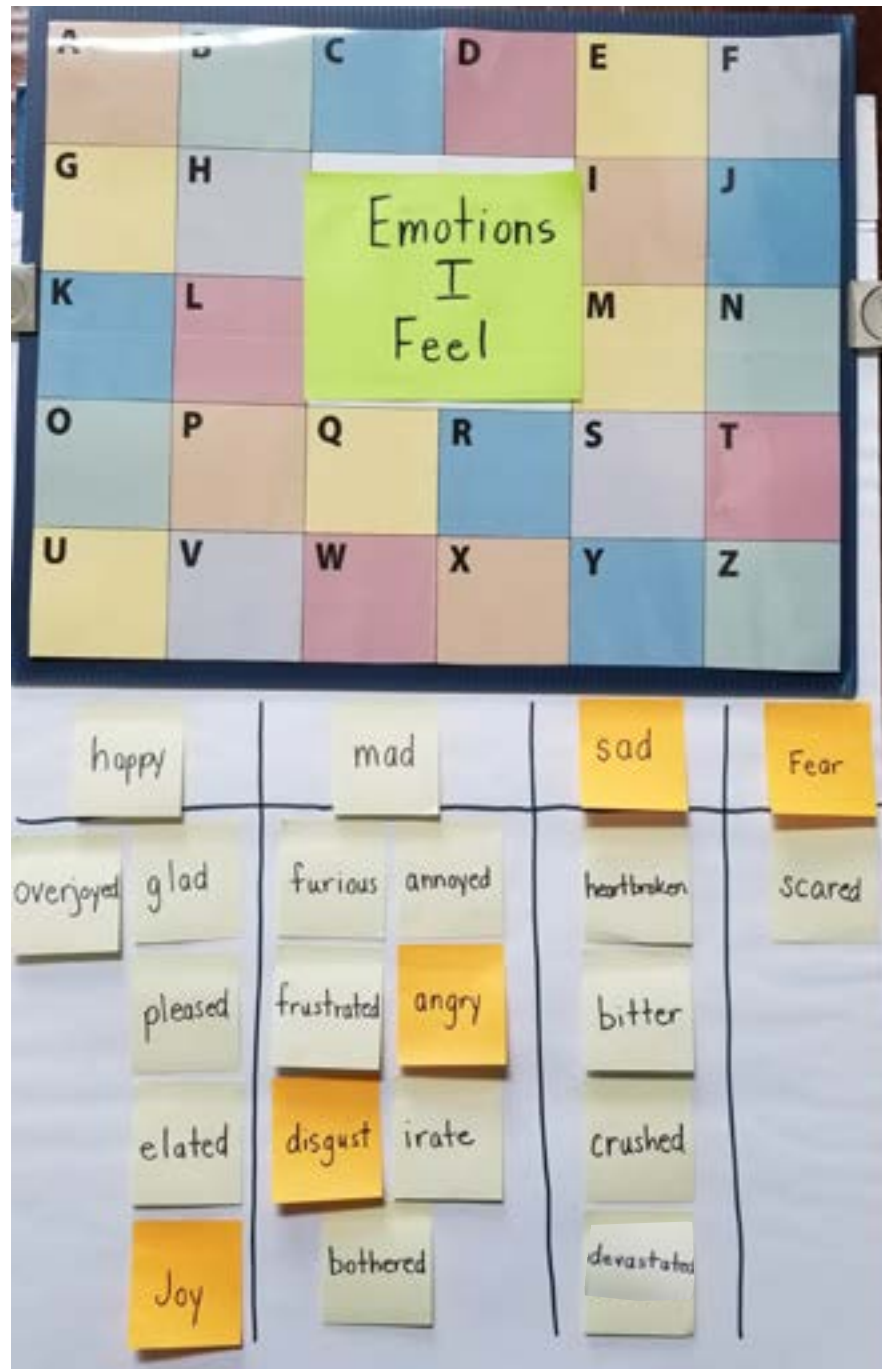
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MINDFULNESS



A	B	C	D	E	F
G	H			I	J
K	L			M	N
O	P	Q	R	S	T
U	V	W	X	Y	Z





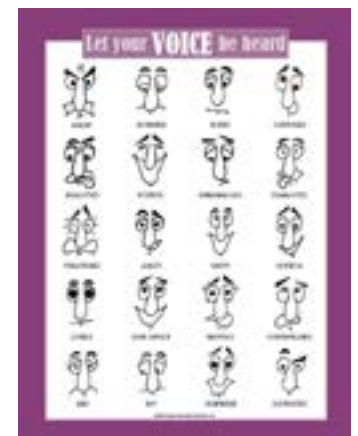
Daily Journal Entry Sheet

Day 1

I feel _____ when _____

because _____

_____.



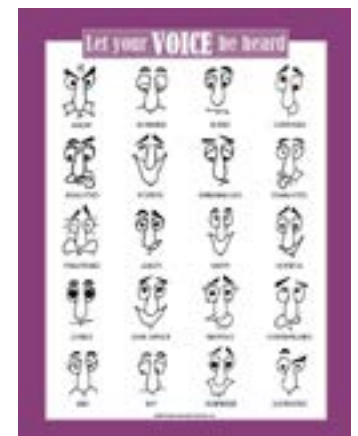
Daily Journal Entry Sheet

Day 2

I feel _____ when _____

because _____

_____.



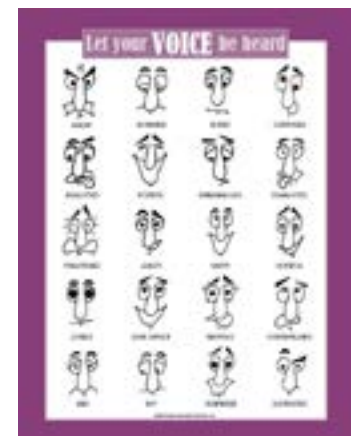
Daily Journal Entry Sheet

Day 3

I feel _____ when _____

because _____

_____.



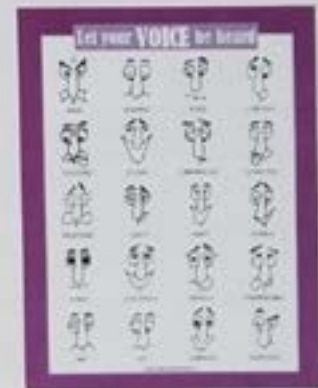
I feel excited when
my family eats
dinner together
because we usually
don't have time to
eat together.

Daily Journal Entry Sheet

Day 1

I feel overjoyed when I get to Zoom
and see my friends

because I miss them.



Daily Journal Entry Sheet

Day 3

I feel confused when my computer does
not work

because I have to wait for my parents to
help me.

Day 19



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Daily Journal Entry Sheet

Day 2

I feel confused when my technology does not work on my computer

because when I was in school our computer teacher took care of all of our technology needs. I don't have that person in my house when I need help.

Day 19 of quarantine

Today I woke up early and decided I would workout before my 9:00am class. I just walked on the treadmill. It makes me feel so good to burn some energy. I ran for 2 miles.

Then I logged onto zoom and it wouldn't work. I didn't know what to do. My Mom and Dad didn't know what to do either. →

