REFLECTION PROMPTS

How am I feeling today?

Today I am grateful for...

If you could do anything for a day, what would it be?

Who are 3 people I can have a check-in chat with?

I can ground myself today by...

If you had a superpower to help others, what would it be and why?

What's one small act of kindness you could do for someone this week?

RESPONSES

JOURNAL PROMPTS

Today's Date:

Today, I am feeling:

Today, I am grateful for:

What makes me feel happy? What can I do today to help myself feel that way?

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County of San Diego Behavioral Health Services
For additional resources, visit:
www.bit.ly/BHSMain

30 Day Mental Wellness Practice - Youth Extension Pack
www.bit.ly/BHS_MWC

San Diego County Office of Education Mental Health Support
www.sdcoe.net/mentalhealth

Draw what inspires you!

YOUR ART HERE

LIVE WELL
SAN DIEGO

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COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO