

THERE'S POWER IN A PAUSE

Back to School Journal Prompts

Caught a case of the Sunday scaries? Totally normal this time of year, let's break it down together.

GROUNDING EXERCISE

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

Think about your new morning routine. What are 3 small habits that would make school days feel less rushed and more peaceful?



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Now shift your focus to the school day. If you begin feeling overwhelmed or socially drained, what are some quick ways you can recharge and reset your energy?



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Each year is filled with growth and change. If you're feeling unprepared, remind yourself of all you've accomplished to get to this point.

BREATHING EXERCISE

BREATHE IN



HOLD



BREATHE OUT



REPEAT 5 TIMES

Think about a challenge you faced last year. What did this teach you about yourself? How can you channel this strength in the upcoming school year?



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Remember, you don't have to navigate this season alone. Lean into those who make you feel seen and valued.

How can friends best show up and support you this year? What kind of qualities are you looking for in new potential friendships?



EMOTION CHECK

Rate how intense each emotion feels for you right now.



ANXIOUS

☐☐☐☐☐

ANGRY

☐☐☐☐☐

SAD

☐☐☐☐☐

STRESSED

☐☐☐☐☐

EXCITED

☐☐☐☐☐

NUMB

☐☐☐☐☐

TIRED

☐☐☐☐☐

CALM

☐☐☐☐☐

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As you build your community and take on this year day by day, remember that every small choice is shaping your journey. Let's fast forward to the last day of school.

GRATITUDE EXERCISE

I'm grateful for...

I'm grateful for...

I'm grateful for...

I'm grateful for...

What do you want to be most proud of and why? Take some time to close your eyes and imagine all that is possible.