

THERE'S POWER IN A PAUSE

Back to School Journal Prompts

Whether you're a child, teen, or adult, meeting new people and making friends can be a stressful experience.

KINDNESS EXERCISE

In each space, write a note of kindness to yourself.

I

I

I

I

I

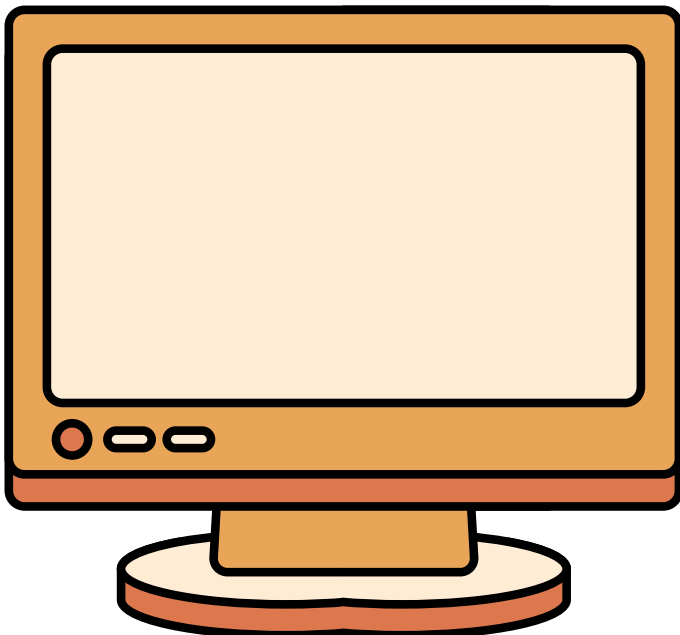
Pause, take a breath, and remember just how amazing you are. Now let's practice introducing yourself to new classmates, write down 5 things about yourself that you can share with others.

THERE'S POWER IN A PAUSE

Back to School Journal Prompts



Mixed emotions are normal this time of year, but let's first focus on the positive. What are you looking forward to the most going into this school year and why?



On the monitor, write down what you cannot control (how others feel, world problems, etc.).

In the pop up below, write down what you can control (how you treat others, reactions, etc.)



THERE'S POWER IN A PAUSE

Back to School Journal Prompts

- 
- 
1. **Now, the not-so great feelings.
What are you worried about?**

- 
2. **How likely is it that your
worry will come true? And if
it does come true, what is
the worst-case scenario?**

- 
3. **What can you do to cope
if this happens?**

THERE'S POWER IN A PAUSE

Back to School Journal Prompts

A new chapter is right around the corner, the rest is still ***unwritten***. Lean into the best version of you! What new opportunities or experiences can you welcome into this year?

BREATHING EXERCISE

Trace around your fingers as you slowly breathe in and out.

