

Learn, Grow, and Blossom through

# Reflection



A worksheet to help you practice reflecting and thinking about life and all its twists and turns.

Prompt #1: Write a story or draw a picture of what your life looked like before. What's something you miss? What's something you don't?

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Draw your feelings here!



Prompt #2: Now write or draw what your life looks like now. What's something you dislike about it? What's something you like?

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Draw your feelings here!



Prompt #3: What's something you've accomplished this past year? This can be things like learning to ride a bike, succeeding in school, or learning to play piano.

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Draw your feelings here!



Prompt #4: How has this past year made you feel? Happy, sad, mad, something else? Feel free to write what those feelings are and/or draw what they might look like. Be as honest as you'd like. There are no right or wrong answers.

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Draw your feelings here!



Prompt #5: Record videos of your daily life. Watch these videos the next day. Either writing, drawing, or speaking to your family members, think about the different things that happen in your life. The good, bad, favorites, dislikes – anything that catches your attention.

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Draw your feelings here!



Prompt #6: Look to the future. What are some of the things you hope for once the pandemic is over? What are some things you want to do again? What's something you look forward to. Think about these questions and then write or draw your thoughts.

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Draw your feelings here!





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