

2021-2022

Restorative Start Journal



Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6
<u>Your Space and Voice</u>	<u>Identity What Makes Me, Me?</u>	<u>My Strengths and Challenges</u>	<u>Our Classroom Community</u>	<u>Feeling Connected</u>	<u>Mindful Beginnings</u>

Name:



Activity

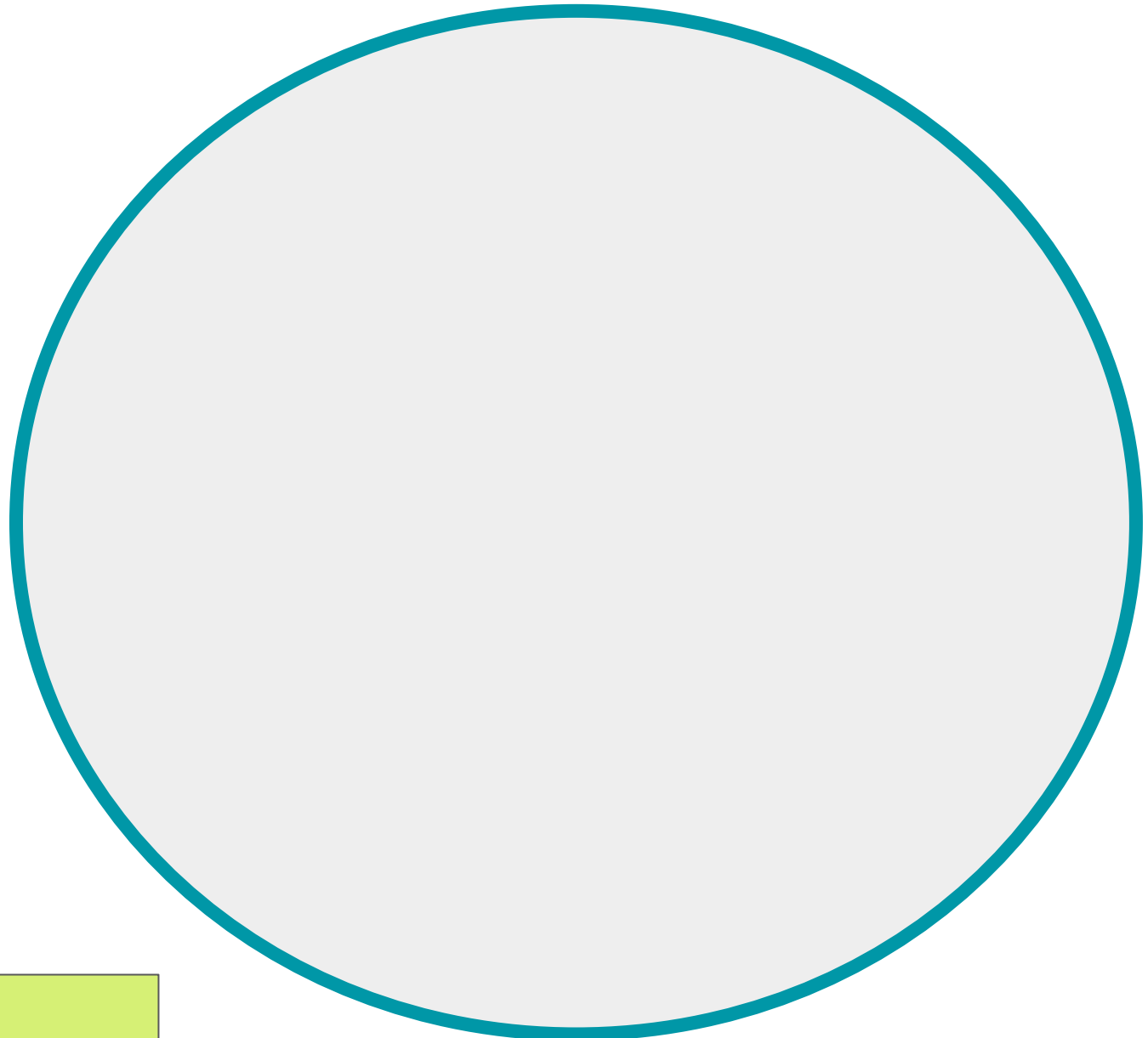
1

Your Space & Voice

Draw or write

How you
want to feel
at school?

What is
important to
you in a
classroom
setting?



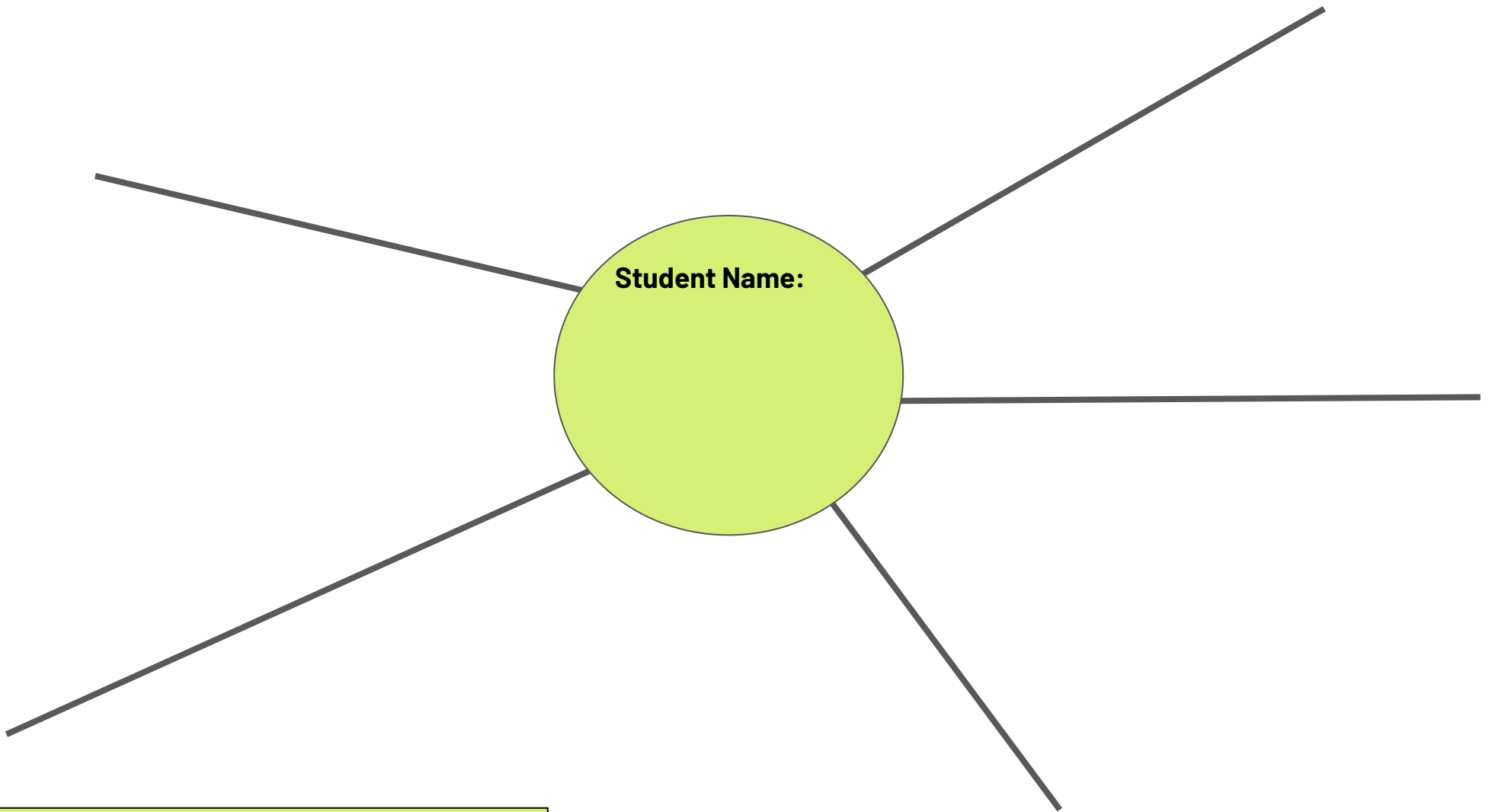
Name:

Activity

2

Activity: Identity- What makes me, me?

Draw or write things you want to share about yourself.



Name:



My Strengths, Challenges, and Goals

Draw or write things that challenge you.

Draw or write things that you feel confident about.

Draw or write something you want to get better at.

Name:



Activity

4

Your Classroom Community

Draw or write what is important to you at school.



Name:

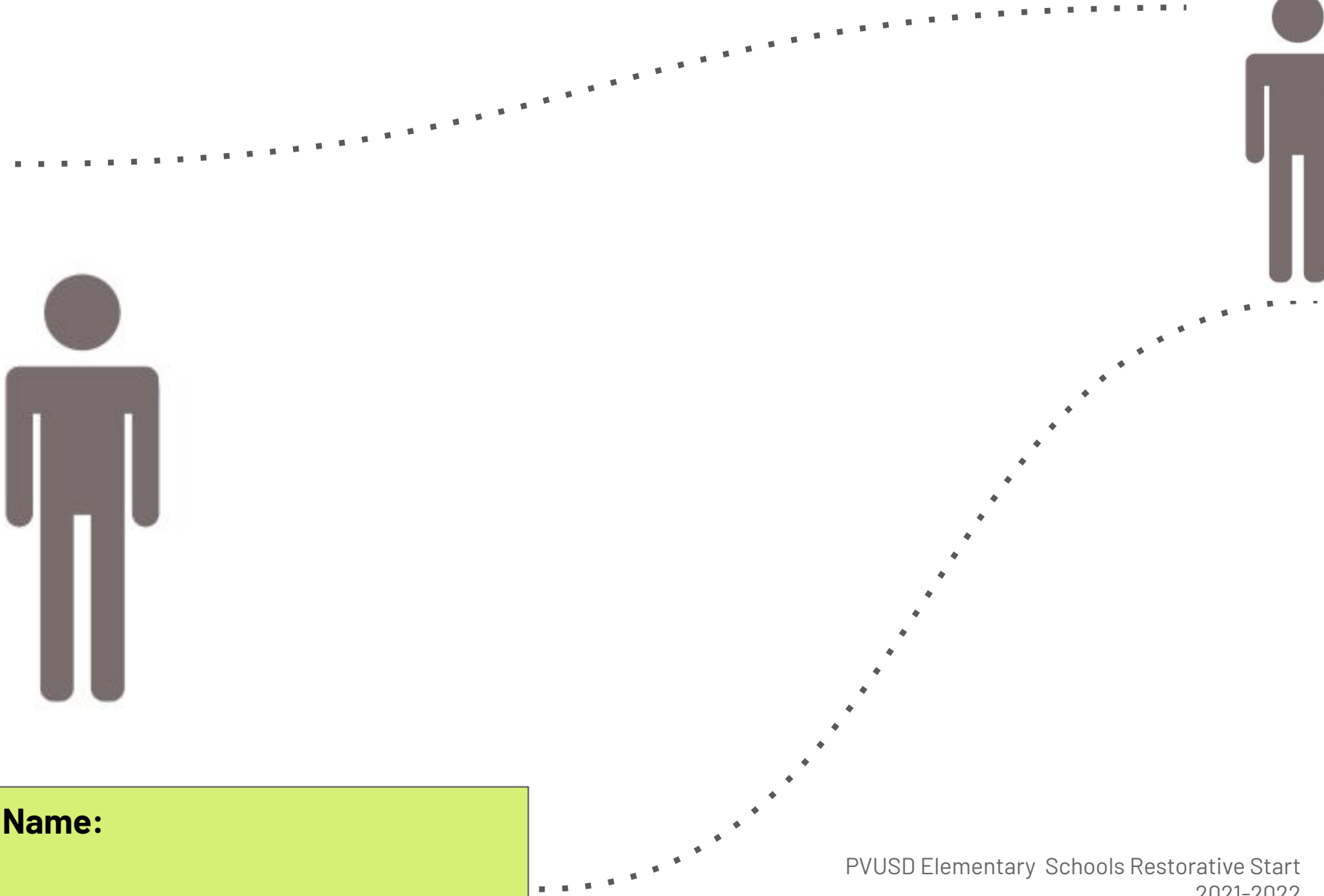


Activity

5

Feeling Connected

Draw or write a time when you felt connected to somebody.



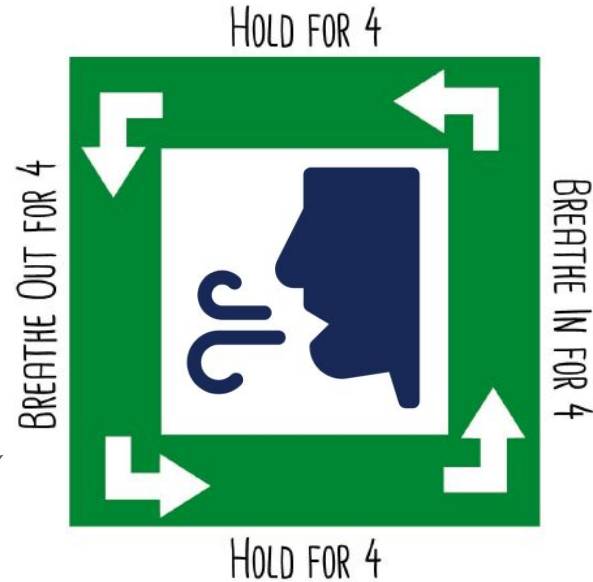
Name:



Mindful Beginnings: Practice Mindfulness



Draw or write things you are grateful for.



Count and breathe. How do you feel after?
Draw or write.

Name:

