

Journaling

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Date:

The purpose of the list is to acknowledge your productivity for the day.

To do list

List of what was done

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

How was your day today? (Be truthful and be bold)

Note to parents: These past few weeks have been challenging and I found that writing things down help me stay grounded as well as productive. Use this page to help you list what you intend to do throughout your day and what you were able to complete. Remember we are living in an historical time, journaling along with your child will serve as a reminder during the COVID-19 pandemic. - M. Gina Pierre-Louis

Draw your feelings, allow your child to draw their feelings and compare with your child.

