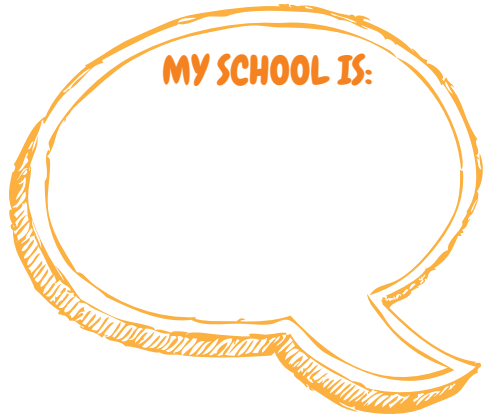




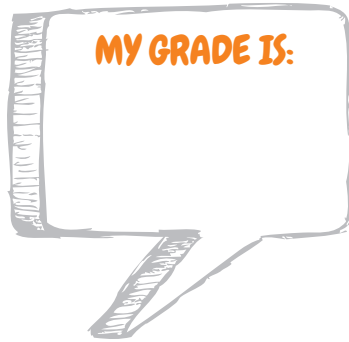
home state
health™



STRANGE
NEW
WORLD
JOURNAL



THIS IS YOUR OWN
PERSONAL JOURNAL
FOR THE 2020-2021
SCHOOL YEAR!



You can use this journal any way you like. You can skip pages, come back to the same pages multiple times, and use the writing prompts to help you think about your feelings and goals.

You'll find some ideas for how to process all the emotions you may be feeling during the school year and areas to write down your own ideas. You can share your thoughts with your family, friends, or teachers if you'd like.



Parents: For information and help, the Missouri Department of Health has the following resources to assist you.

<https://dmh.mo.gov/disaster-services/covid-19-information>

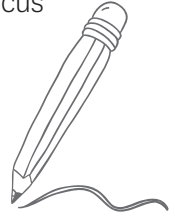
For free and immediate counseling services, contact:
The Disaster Distress Helpline (800) 985-5990
or text: "TalkWithUS" to 66746.

FOCUSING ON GOOD THINGS OR HAPPY THINGS DURING THE DAY CAN BOOST YOUR MOOD.



They can be big things (I got a new puppy today!) or small things (I got a compliment from a friend today).

Thinking about things you are grateful for can also help you focus on the positive things in your day. You can write what you are grateful for below. It could be having a good friend to talk to, eating your favorite snack, or getting a good grade on a test.



What are 3 good things or 3 things to be grateful for today?

1

Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

2

Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

3

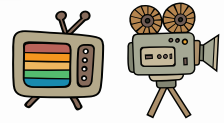
Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

Even though the world just became pretty strange, there's still a lot to appreciate.

Think about some of the things that you may not have noticed before or some of the good things that you appreciate now (I get to spend more time outside or I have more time to watch movies with my family).



WATCH A MOVIE OR TV SHOW. HOW WAS IT?



Title:

Like / Dislike (circle one)

Your Review:

Music can really help lift your mood.

What are some of your favorite songs you could listen to or sing when you need to feel happy or energized? What are some of the Lyrics that make you feel uplifted?





THINK ABOUT THE BEST DAY YOU'VE EVER HAD.

What made it so special? What did you like most about that day? Who was with you and what did you do? Write down your memories below.

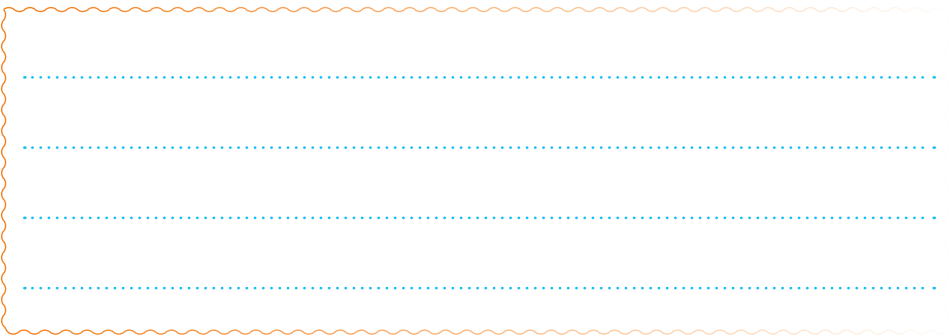
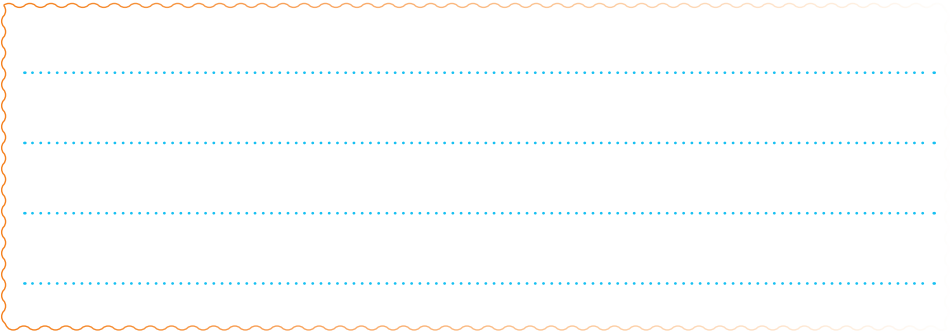
A large, light yellow rectangular area with horizontal blue dashed lines for writing.

A new school year is a great new beginning.

This school year will look quite different than what you may be used to. The start of a new year is a great time to set a goal or intention for the year.

What is something you want to work on or accomplish this school year? It could be getting good grades or making the Honor Roll, or making more new friends.

What are 2 or 3 goals or intentions you would like to work on this year?



WRITE A NOTE TO YOURSELF IN THE FUTURE.

What do you want to tell yourself about this year?
How will you remember this strange new world?

Age Now: Age in 2030:

Dear Future Me....

Handwriting practice lines consisting of multiple horizontal blue dotted lines on a white background, intended for writing a note to one's future self.

Helping other people can be a great way to spread happiness in the world and feel good about yourself.

What are 3 ways you could help someone today? It could be helping a younger brother or sister with their homework, feeding a pet, or listening to a friend when they need support.

3 ways I can help someone today are:

1

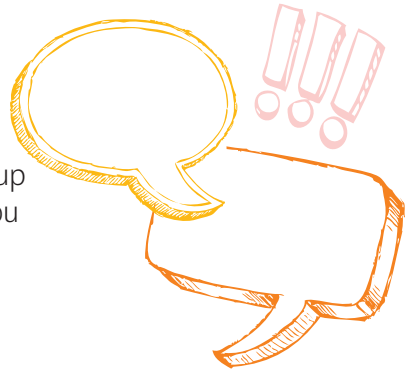
2

3

SOMETIMES YOU FEEL SAD, MAD, OR FRUSTRATED.

It's good to have a trusted friend or grown-up to talk to. Think about one or two people you can talk to if you feel upset.

What makes them good people to talk to?



A series of horizontal dotted lines for writing, consisting of 15 lines spaced evenly down the page.

When you feel sad or lonely, it can help to do something you enjoy.

That may be playing a sport or game, reading a book, cooking, or talking to someone you care about.

What are 2 things you can do when you feel sad or lonely?



Large empty rounded rectangular box for writing the first answer.

Large empty rounded rectangular box for writing the second answer.

What did you do to not get bored today?



MORNING

Blank white space for writing morning activities.

AFTERNOON

Blank white space for writing afternoon activities.

EVENING

Blank white space for writing evening activities.

What do you appreciate about

Your Family?

Your Friends?

WHAT CAN YOU DO TO STAY CONNECTED TO THOSE PEOPLE DURING COVID?

Some people you may be able to see face-to-face such as your family, but others you may need to connect to in various ways. Think about and write down how you can connect in other ways like phone calls, emails, writing letters, or other ideas.



What is something NEW you have learned or realized during the COVID lockdown?



A series of horizontal dotted lines for writing.

WHAT ARE YOU LOOKING FORWARD TO WHEN LIFE RETURNS TO NORMAL,
WHEN THE LOCKDOWN ENDS?



A series of horizontal dotted lines spanning the width of the page, intended for writing answers to the question above.

Who is in your COVID-19 bubble?

Write a **THANK YOU** message to all the people in your bubble.

Who?

Who?

Who?





HomeStateHealth.com
1-855-694-HOME (4663)
TDD/TTY 1-877-250-6113

If you, or someone you're helping, has questions about Home State Health, you have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. To talk to an interpreter, call 1-855-694-4663 (TTY/TDD 1-877-250-6113).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Home State Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-855-694-4663 (TTY/TDD 1-877-250-6113).

如果您，或是您正在協助的對象，有關於 Home State Health 方面的問題，您有權利免費以您的母語得到幫助和訊息。還提供美國手語口譯服務。如果要與一位翻譯員講話，請撥電話 1-855-694-4663 (TTY/TDD 1-877-250-6113)。

Home State Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Home State Health cumple con las leyes Federales de derechos civiles correspondientes y no discrimina con base en la raza, el color, la nacionalidad, la edad, la discapacidad o el sexo.

Home State Health 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。