

REFLECTIVE JOURNALING



PURPOSE:

Why?

Reflective Journaling is designed to encourage self-awareness and emotional expression through writing. Participants are guided to explore their thoughts and feelings, fostering personal growth and mindfulness. This activity aims to provide an outlet for stress relief and self-discovery.

HOW TO:

Materials & Budget

- Journals or Notebooks (\$10 or free if you can use school materials)
- Scrap Paper (\$5 or free if you can use school materials)
- Pens or Pencils (\$5 or free if you can use school materials)

Instructions

- Provide students with a notebook or some scrap paper to complete this activity.
- Create a relaxing atmosphere by playing some calm music in the background.
- Students begin by writing their thoughts, feelings, or anything on their mind. Students can use the following prompts provided:
 - List three things you are grateful for today.
 - Describe a recent challenge you overcame and what you learned from it.
 - Write about your goals for the next month and how you plan to achieve them.
 - What was the highlight of your day and why?
 - Write down five positive affirmations about yourself.
 - What activities or practices help you manage stress effectively?
 - Reflect on a quote that inspires you and why it resonates with you.
 - List your recent achievements, big or small, and how they made you feel.
 - Describe a moment when you felt completely present and mindful.
 - Write a short story, poem, or draw something that reflects your current mood.
- Continue journaling at home for an emotional release.

Timeline

Preparation time for this activity is a few days. You will need to go buy the materials ahead of time. This activity can take 20 minutes or longer.

Impact

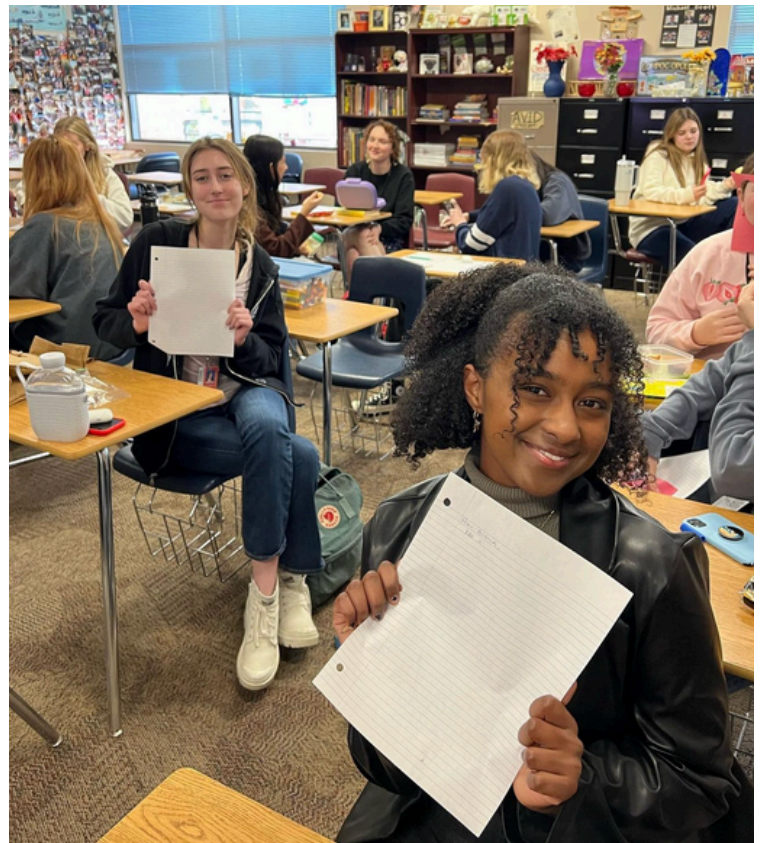
This activity is great for club meetings as it serves as an outlet for stress and helps with reflection and self-growth.

Example(s)

Example from Susan Wagner High School BC2M!



Example from Arcadia High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

