

# SELF REFLECTION

## WHAT HELPED ME TODAY?

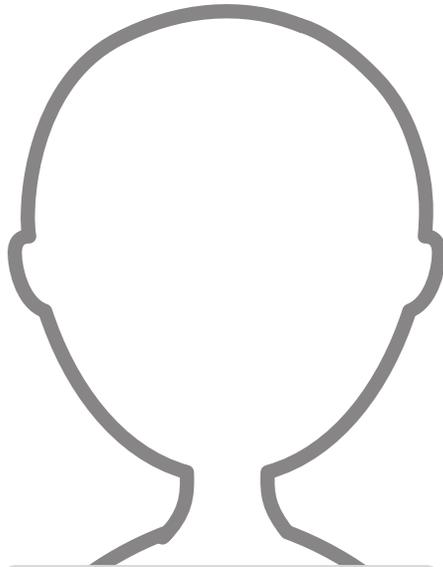
- I took slow breaths
- I drank water
- I took a break
- I stretched
- I asked the teacher for help
- I listened to music
- I talked to a friend
- I went for a walk
- I said nice things to myself
- I used a fidget to help me
- I ate a snack
- I tried something different
- I tried one step at a time
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Name: \_\_\_\_\_

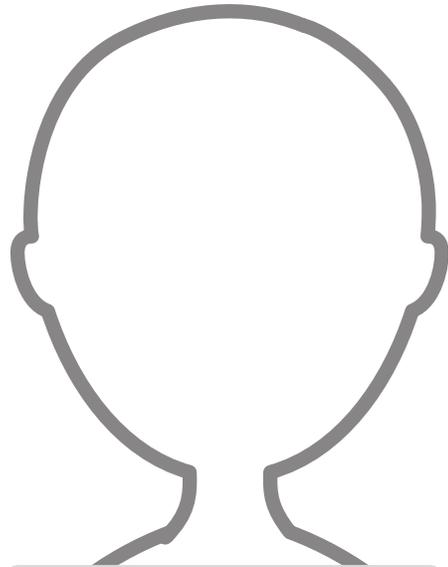
Date: \_\_\_\_\_

# How do I feel?

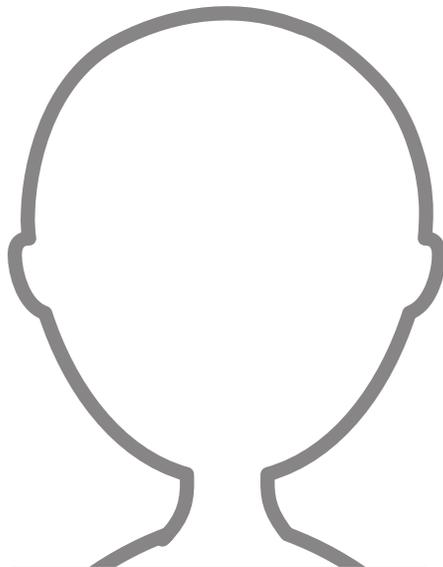
Complete the faces below by drawing how you felt when completing your tasks.



Yesterday



Today



Tomorrow

Yesterday, I felt:

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Today, I feel:

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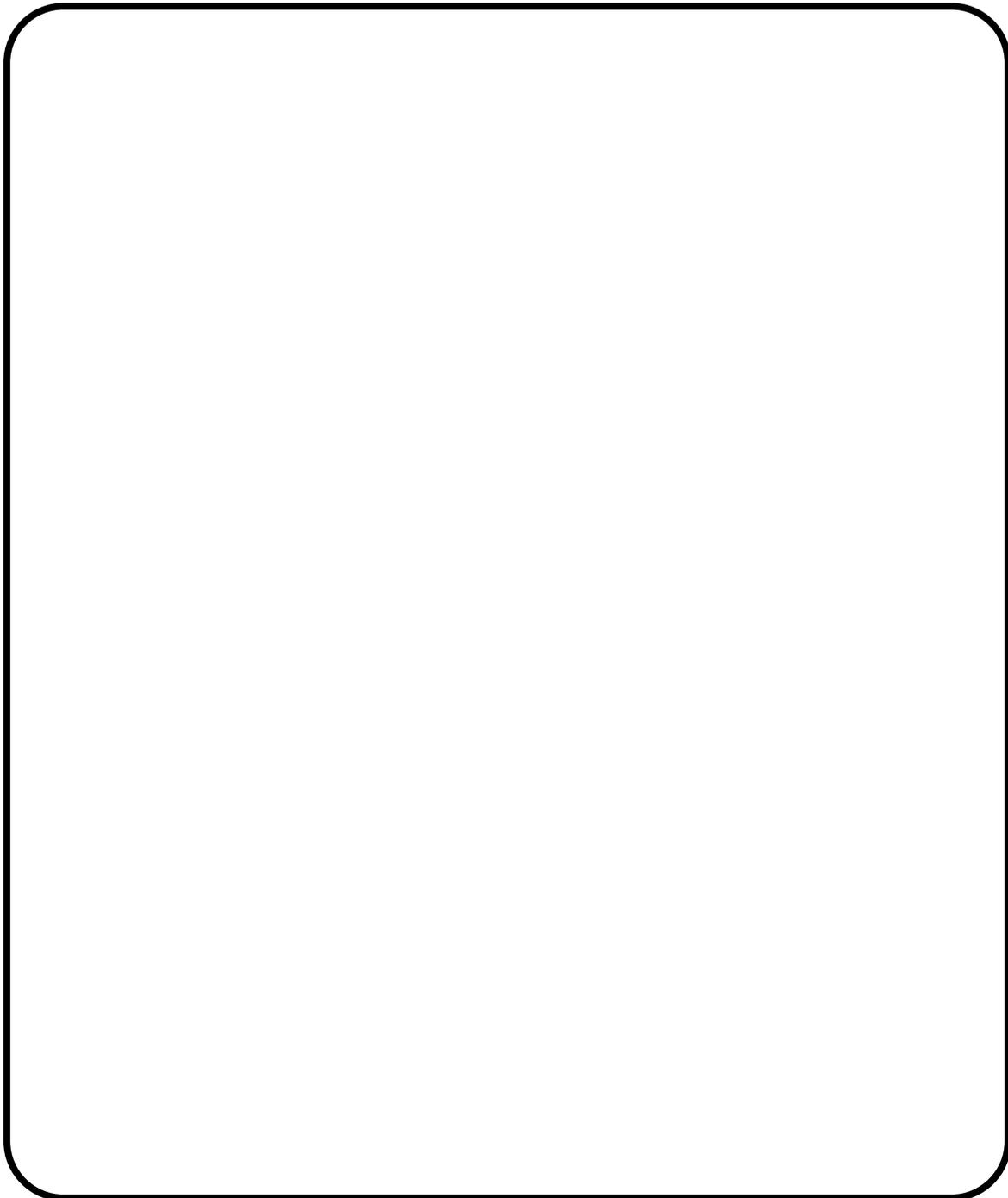
Tomorrow, I hope to feel:

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# CREATE YOUR OWN MEME!

Challenge: Create a simple meme about how your task went for you today.

Name: \_\_\_\_\_

A large, empty rounded rectangular box with a thick black border, intended for drawing a meme. The box is currently blank.