

This follows on from [Home Activity, Keep a Journal on Day 1](#)

Write today's date: eg. Monday 30 March 2020.

Circle the face that describes how you feel.



1) How was your weekend?.....

(Write more if you like).....

.....

2) How do normally feel about the weekend?.....

(Write more if you like).....

.....

Let's revisit some questions from last week and see if your feelings have changed.

How do you feel about not going back to school?

(Write more if you like).....

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How do you feel about your 'ship'?

What are your thoughts on anything else?

Draw a picture of yourself today