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320
340

This Journal Belongs to:

all about me!

A collaboration between
MCAS Cherry Point and Craven County Schools
Made possible by a grant from the
Cherry Point Spouse's Club

Facts About Me:

Name _____

Age _____

Grade _____

Current School _____

Birthday _____

Where I Was Born _____

Where I Live Now _____

Self Portrait:

Things I am Good At:

_____

_____

_____

_____

_____

5 Words That Describe Me:

_____

_____

_____

_____

_____

Favorites:

Color _____

Food _____

Candy _____

Animal _____

Book _____

Sport _____

Movie _____

Teacher _____

Song _____

Class _____

Vacation _____

TV Show _____

Place I've Lived _____

Hero _____

_____

_____

_____

add your own

My List of Currents:

Today is _____

Currently Feeling_____

_____

Currently Reading _____

_____

Currently Listening to _____

_____

Currently Eating _____

_____

Currently Chatting with_____

_____

Currently Playing_____

_____

Currently Happy About _____

_____

Currently Watching_____

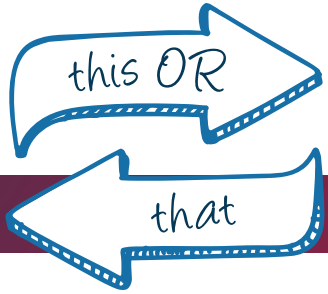
_____

Currently Thinking About _____

_____

This or That:

Dog	Cat
Pizza	Taco
Beach	Pool
Sneaker	Sandals
Movies	Books
Jogging	Hiking
Waffles	Pancakes
IOS	Android
Batman	Superman
Playlist	Podcast
Winter	Summer
Fries	Nuggets
Mustard	Ketchup
Sun	Moon
Chocolate	Vanilla



Monthly Mood Tracker:

Each day color in a frame with the color that matches your mood! At the end of the month, look for trends!

Yellow
Happy,
Joyful,
Relaxed,
Great

Purple
Productive,
Motivated,
Excited

Red
Angry,
Frustrated,
Anxious,
Grumpy

Green
Sick,
Tired,
Bored,
Lazy

Blue
Sad,
Lonely,
Depressed,
Insecure

Orange
OK,
Normal,
Fine,
Good

week 1

week 2

week 3

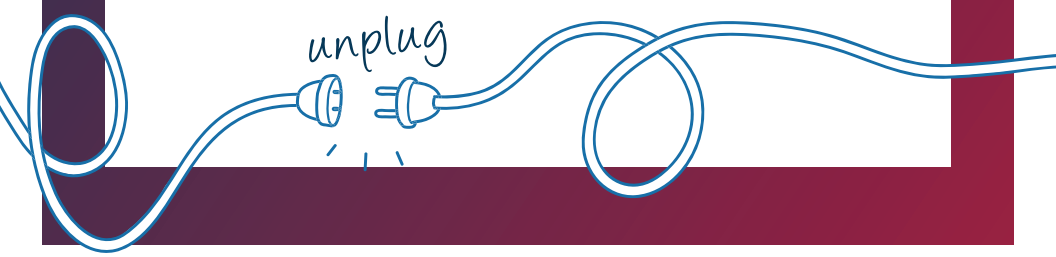
week 4

week 5

It's Time to Unplug!

See How Many Boxes You can Check This Month:

- ☐ Have a Dance Party
- ☐ Go for a Walk
- ☐ Bake Cookies
- ☐ Go for a Bike Ride
- ☐ Read a Book
- ☐ Take a Nap
- ☐ Eat a Healthy Snack
- ☐ Build a Pillow Fort
- ☐ Wash the Car
- ☐ Fly a Kite
- ☐ Go Outside
- ☐ Do a Puzzle
- ☐ Write a Letter
- ☐ Swing
- ☐ Fly a Paper Airplane
- ☐ Exercise
- ☐ Play a Board Game
- ☐ Walk on the Beach
- ☐ Feed the Ducks
- ☐ Draw a Picture
- ☐ Paint
- ☐ Go to the Library
- ☐ Volunteer
- ☐ Skim Stones
- ☐ Try Origami
- ☐ Listen to a Podcast or Audiobook
- ☐ Play with your Pet



If You Could Have One Superpower, What Would it be and Why?

POW

You Just Found a Magic Wand!
What are You Going to do with it?

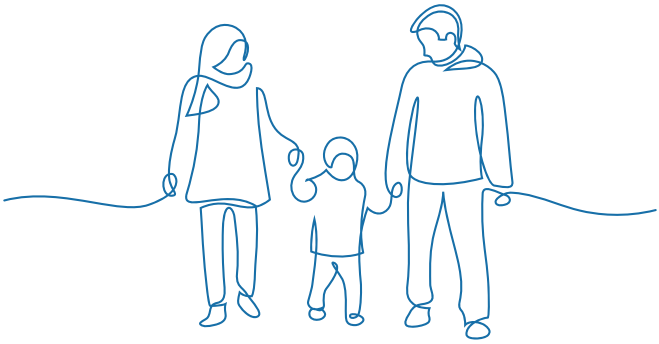
You have just won the lottery!

What will you do with your winnings?

If You Could go Anywhere in the World, Where Would You go & Why?

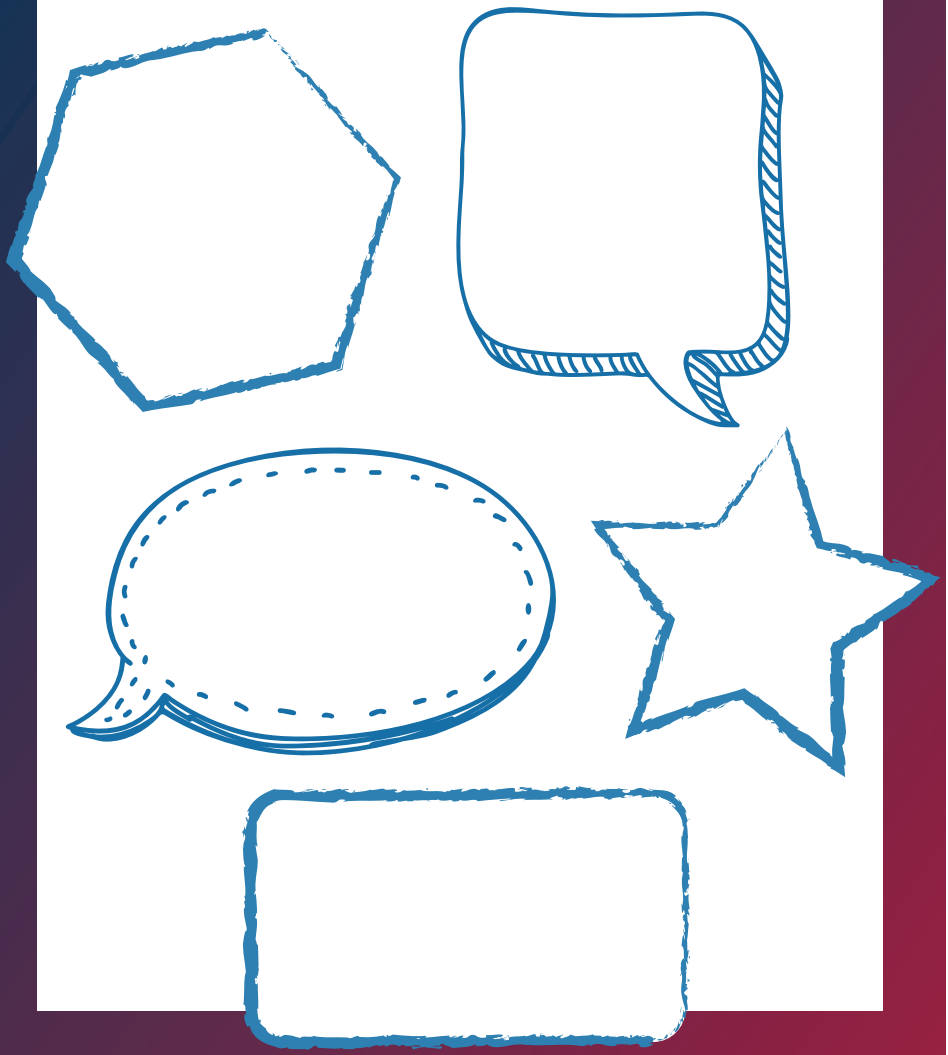
travel

My Family:

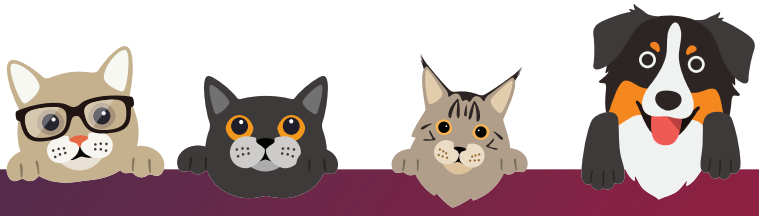


My Favorite Family Tradition:

Activities That My Family Does Together:



Family Pets:



Military Families are

Resilient

You Bounce Back from Change

Resourceful

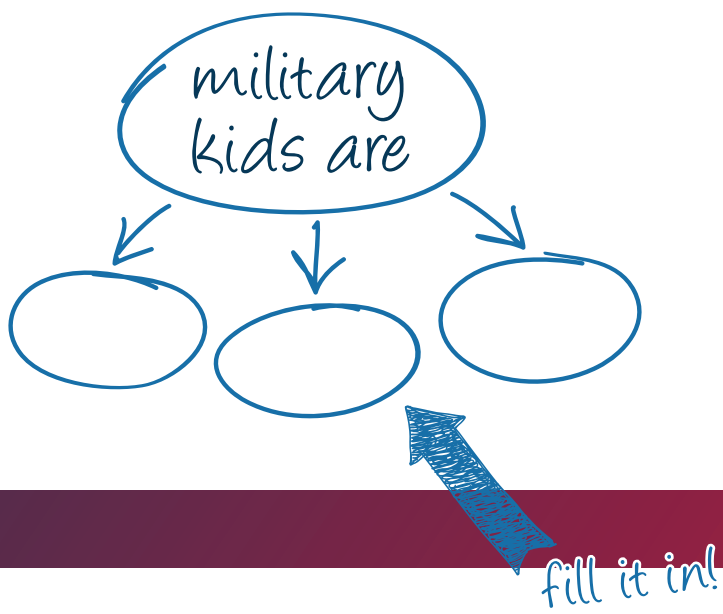
You are Good at Solving Problems

Responsible

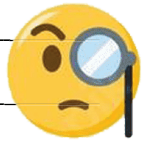
People can Count on You

Write About a Time When Your Military Family was Resilient, Resourceful or Responsible:

What is the Best Part About Being a Military Kid:


military kids are
fill it in!

What I Wish the Adults in My Life Knew About Being a Military Kid:



Military Kids Move (alot!)

What Changes? _____

_____

_____

_____

_____

_____

_____

_____

What Stays the Same? _____

_____

_____

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Military Families Live All Over the World

Put a Star on the Places You Have Lived

Monthly Mood Tracker:

Each day color in a planet with the color that matches your mood! At the end of the month, look for trends!

Yellow
Happy,
Joyful,
Relaxed,
Great

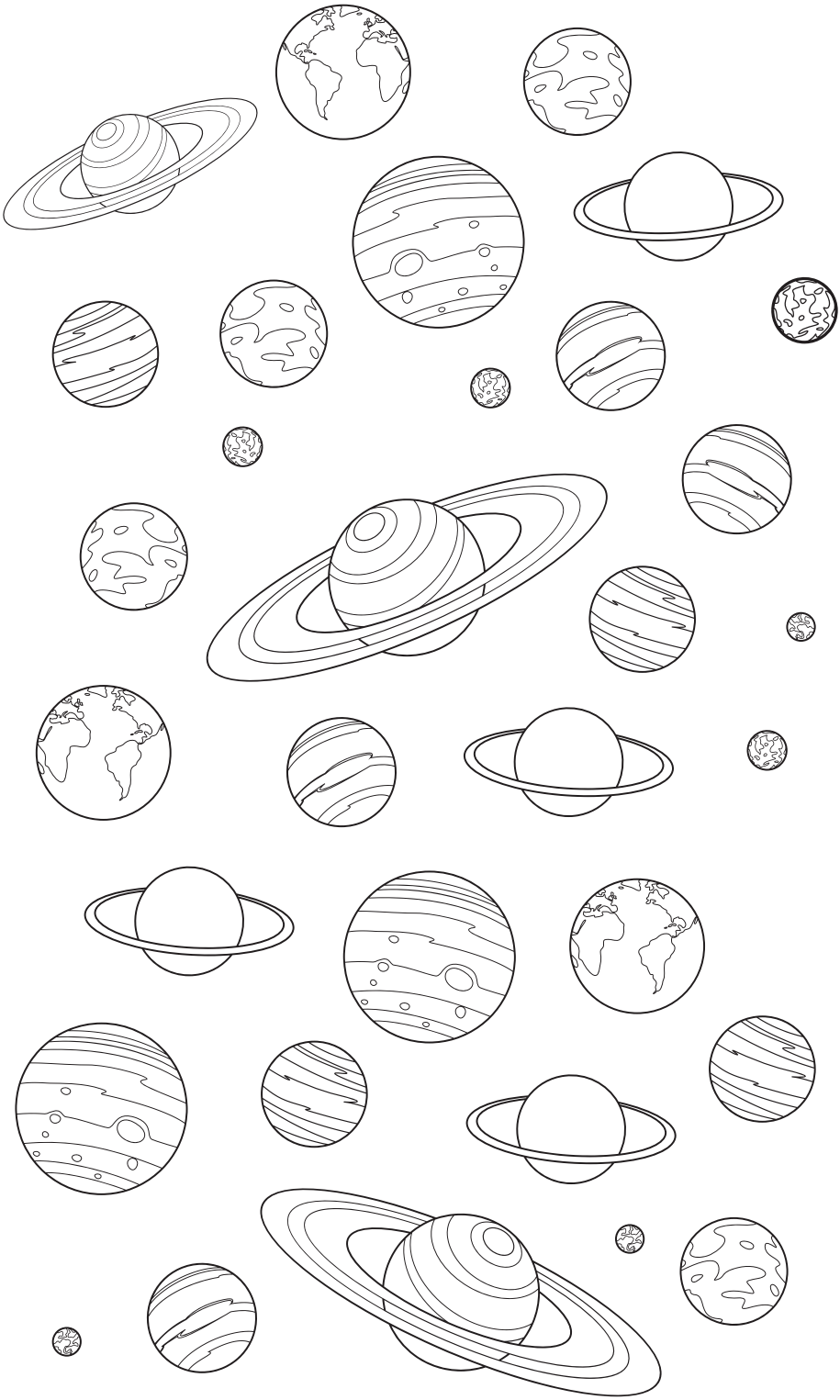
Purple
Productive,
Motivated,
Excited

Red
Angry,
Frustrated,
Anxious,
Grumpy

Green
Sick,
Tired,
Bored,
Lazy

Blue
Sad,
Lonely,
Depressed,
Insecure

Orange
OK,
Normal,
Fine,
Good



Deployment is:

_____

_____

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_____

_____

When My Parent Deploys:

What Changes? _____

_____

_____

_____

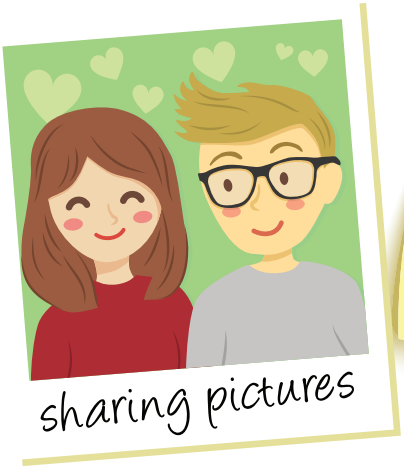
What Stays the Same? _____

_____

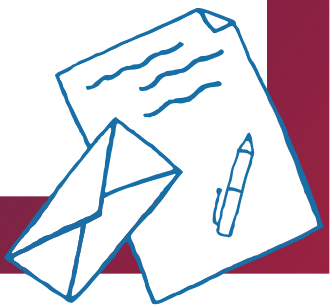
_____

_____

How to Stay Connected from Afar:



Your Turn:



Things I Want to do with My Parent When They Come Home From Deployment:

_____

_____

_____

_____

_____

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_____

welcome
home!

Things I Want to Tell My Parent When They Return Home:

_____

_____

_____

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_____

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_____

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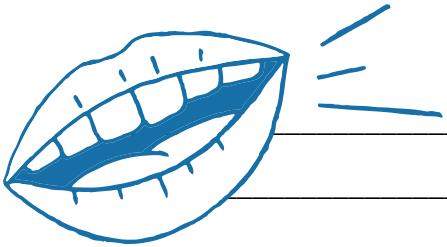

Welcome Home Ideas:

IDEA!

When I Feel Like This 😩 These Things Can Help!

Mindful Breathing

Listening to Music

Coloring

_____

_____

_____

_____

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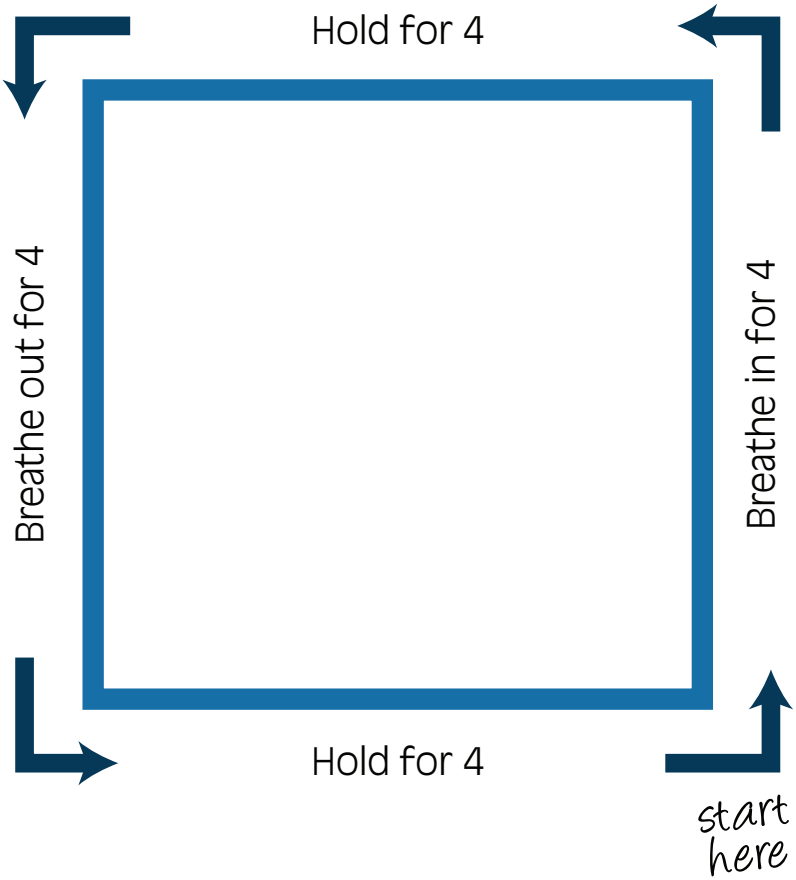
_____

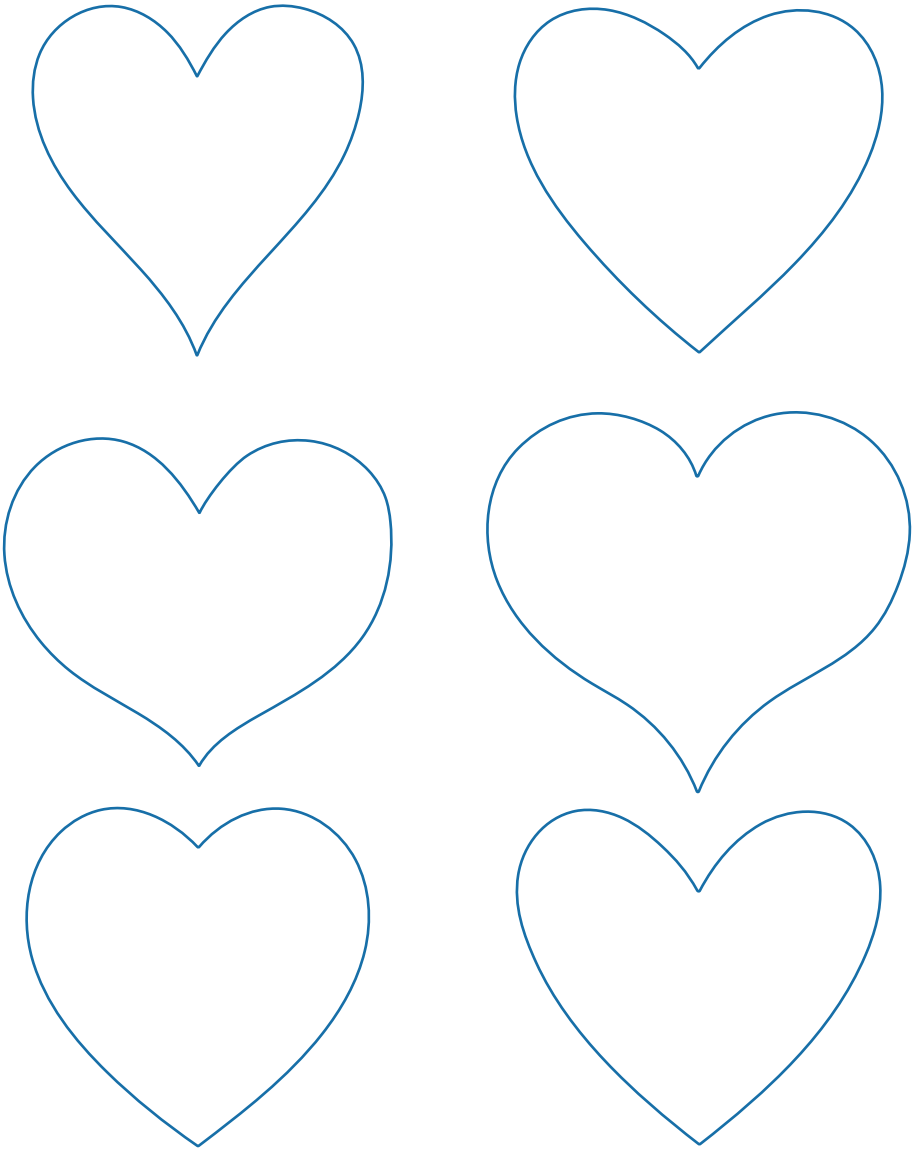
add your own

Box Breathe

A Quick Way to Calm Your Mind & Release Stress



Write Things that You are Thankful for in the Hearts



Positive Thoughts & Affirmations

I AM PERFECT just the way I am.

1 I have people who love and respect me.

2 It's okay to not to know everything.

3 My challenges help me grow.

There is no one better to be than myself.

I can work through my problems.

I **forgive** myself for my mistakes.

Today is going to be a great day.

Today I am a **LEADER.**

I get **BETTER** every single day.

EVERYTHING will be okay.

Every day is a **FRESH START.**

I can make a difference.

I have courage and confidence.

I can be anything I want to be.

I am open and ready to learn.

Today I choose to think positive.

I AM an **AMAZING** person.

I am ENOUGH.

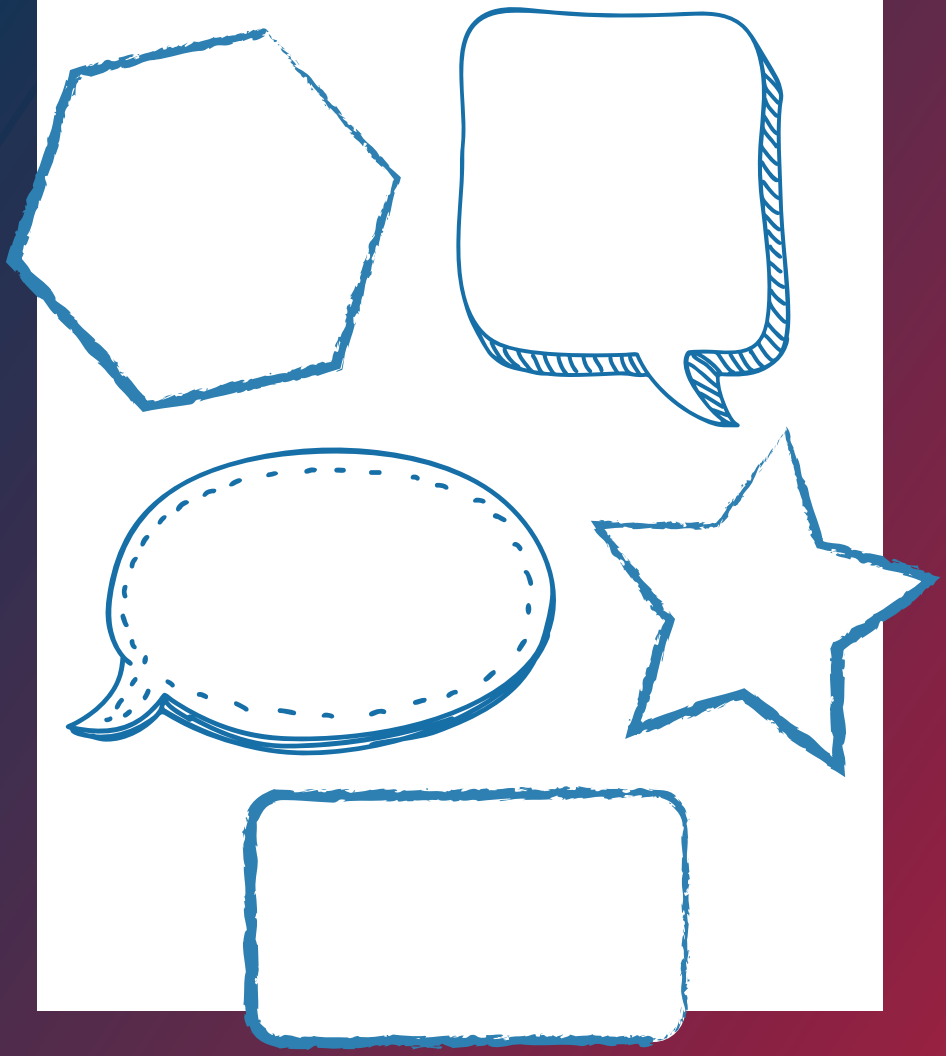
I believe in **MYSELF.**

I CAN DO tough things.

Today is going to be an **AWESOME DAY.**

I believe in myself and my abilities.

Write Your Own Positive Thoughts & Affirmations in the Shapes:



My Ideas:

My _____ Checklist:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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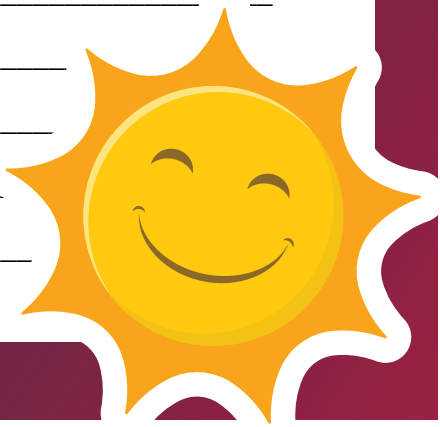
- ☐ _____
- ☐ _____
- ☐ _____

My Memo

Date: _____

Summer Plans: