



GAME PLAN JOURNALING AND REFLECTION

OVERVIEW

In this activity, you will add to your Game Plan by reflecting on, and writing about, three journaling prompts.

MATERIALS

You will need:

- Game Plan Notebook



Introduction

Respond to the following journal prompts. Responses should be at least two paragraphs in length. Feel free to add illustrations, diagrams, tables, or other graphics in your reflection.

JOURNALING PROMPTS

Prompt 1

Reflect on how you feel when you're hungry vs. full, when eating nutrient-rich foods vs. eating foods with few nutrients.

Prompt 2

How do you feel about the goals that you have set for yourself to reduce your stress?

Prompt 3

How do techniques like deep breathing help you feel calm or help you gain focus and concentration? How do you feel physically, emotionally, and/or mentally before, and then after your breathing exercises?

HOME CONNECTIONS

Share your responses with your household members and be inquisitive with them about their own stresses and coping techniques.