



Connection & Kindness Journal

Name: _____ Date: _____

Someone I appreciated today (including myself):

Example: “My neighbor for waving hello.”

A small act of kindness I noticed or received:

Example: “A friend sent me a funny meme.”



A way I showed care for myself or someone else:

Example: "I made myself a healthy meal."

Reflection:

If today was lonely or hard, write one thing you wish for tomorrow.

Example: "Tomorrow, I hope to call my friend"
