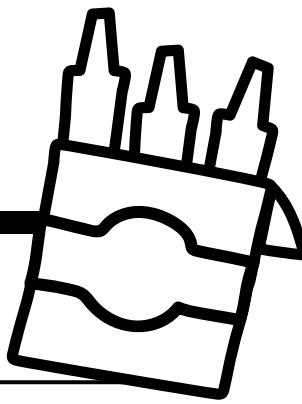
Journal:

Reflecting on the Holidays



This journal belongs to: _____

Write or draw

What holidays do you and your family celebrate?

What's something you're looking forward to over the holiday season?



Write or draw

What's something special that you definitely want to do over your holiday break?

Who is your favorite person to spend time with over the holidays?



Write or draw



Do you ever feel stressed about the holidays? Why?

What makes your holiday stress worse?



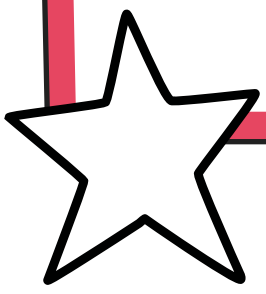
Write or draw

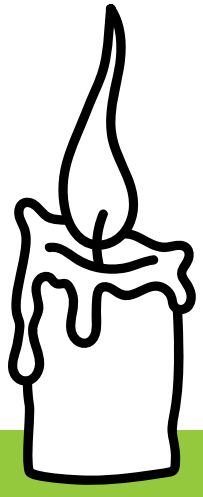
Draw or write 3 things you can do to ease your holiday stress.

1

2

3







The Kids Mental Health Foundation™

Corewell Health Children's

Corewell Health Helen DeVos Children's Hospital



W1982950
(10/25)