



## Chapter 2

Digital Journal  
Grades 6-8

### TABLE OF CONTENTS

1. [Brain Science #2: Flipping Your Lid](#)
2. [Mindful Eating](#)
3. [Heartfulness: Part 1](#)
4. [A Quote & A Poem](#)
5. [Your Quiet Place](#)
6. [Silence In The Age Of Noise #2](#)
7. [Delightfully Awesome](#)
8. [Mindful Doodling #1](#)
9. [Don't Believe Everything You Think](#)
10. [Mindful Coloring](#)
11. [Autopilot](#)
12. [Watching Your Thoughts](#)
13. [Famous Failures](#)
14. [If I Had A Sticker](#)
15. [Blank Page #1](#)
16. [Blank Page #2](#)
17. [Blank Page #3](#)





## Introduction to Journal Writing

Journaling is an opportunity to connect your head and your heart and has been found to relieve stress, anxiety and depression and increase self-confidence, emotional intelligence, focus and creativity. Journal writing is a practice that we will suggest throughout the year. It may not be your favorite at first, especially if you're using the digital format, so we invite you to keep an open mind as you try something new.

Know that anything you write in your journal is *just for you*. No one will check grammar or spelling in what you write here. It is just a moment to take a break and settle some of the swirling thoughts, like the glitter, by writing (or typing!) them here.

We offer the following guidelines:

- Be honest - no one is reviewing this work!
- Try not to get caught up with spelling or grammar - just keep your pen moving.
- No judging...and if it starts happening, you can write about that too.



## Brain Science #2: Flipping Your Lid

Make a hand model of the brain and say all the parts out loud that Miss Sophie talked about in her video. Then write the following:

- List all the parts of the brain from the video.
- Describe what they do.
- Describe a time when you flipped your lid.

*Type your answer here*

## Mindful Eating

When did you take a mindful bite, and what did you notice?

*Date #1*

*Date #2*

*Date #3*

*Date #4*

*Date #5*

## Heartfulness: Part 1

- What was it like to practice self-compassion?
- What does your Critic Committee usually sound like?
- What did your Compassion Committee sound like in today's practice?
- Try putting your hands on your heart or listening for your Compassion Committee this week, and write about your experience.

*Type your answer here*



## A Quote & A Poem

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- How is this quote, “Music is the space between the notes.” similar to the poem “Fire”?
- How do these messages relate to the theme of Chapter 2 (self-awareness) and the practice of mindfulness?

*Type your answer here*

## Your Quiet Place

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After you listen to the poem, “A Quiet Place” and practice with this video, spend a few minutes describing your quiet or peaceful place, what is most peaceful or comforting to you and when you will take the opportunity to “go” there.

*Type your answer here*

## Silence In the Age of Noise

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After listening to this chapter of the book, reflect on these three questions:

- Is it possible to be both present and not present in the world at the same time? Explain your answer.
- What allows us to be present? What keeps us from being present?
- Write about a time you experienced being fully present.

*Type your answer here*



## Delightfully Awesome

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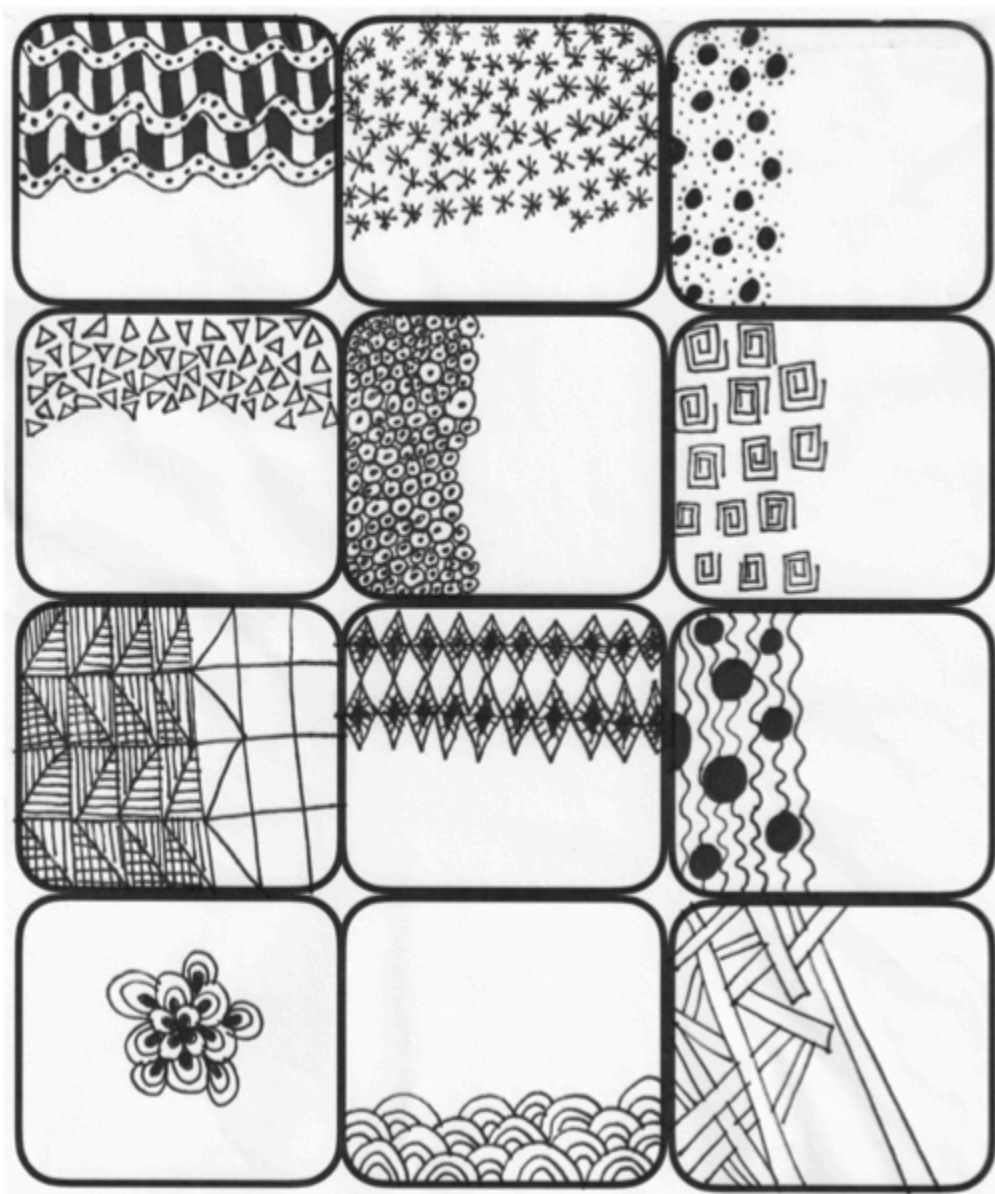
After you’ve listened to the next set of “The Book of Delights” and “The Book of Awesome” stories, see if you can write one thing a day in the boxes below that was “awesome” or “delightful” or that just made you smile.

|                         |                         |
|-------------------------|-------------------------|
| Delightfully Awesome #1 | Delightfully Awesome #2 |
| Delightfully Awesome #3 | Delightfully Awesome #4 |
| Delightfully Awesome #5 | Delightfully Awesome #6 |
| Delightfully Awesome #7 | Delightfully Awesome #8 |

## Mindful Doodling #1

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Here are some simple patterns that you can use to get started with mindful doodling. See if you can continue each of the patterns below to fill in 12 boxes on a separate sheet of paper using this page for reference.



## Don't Believe Everything You Think...

In the talk bubbles example below, you can see an unsupportive thought on the left and how it gets reframed on the right. See if you can come up with 2 examples this week.



|                         |                       |
|-------------------------|-----------------------|
| Unsupportive Thought #1 | Supportive Thought #1 |
| Unsupportive Thought #2 | Supportive Thought #2 |

## Mindful Coloring

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## Autopilot

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- What do you think “Neurons that fire together, wire together” means?
- What is something that you do on “autopilot”?
- Why would it be helpful to take back control, and how will you do that?

Type your responses here...

## Watching Your Thoughts

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If this is an activity that resonated with you, try it again here in your journal. Just set a timer for 3 minutes and write down all the thoughts that your mind, or your “thinking machine” as Miss Karly calls it, thinks, feels or notices.

Type your responses here...

## Famous Failures

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- After watching Miss Karly’s video, write about a time when you failed at something.
- Were you inspired by any of the stories in the video?
- Do you know of any other Famous Failures (there are many moe!)? Write about one below:

Type your responses here...

## If I Had A Sticker...

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If you were going to write yourself a brief reminder or helpful hint of one thing that you learned in this chapter, what would it be and why?

*For example:* ‘Making sense of the mess’ because sometimes days are messy and I have tools to be ok in the mess and maybe even make sense of it all.



Type your reminder or helpful hint here

## Blank Page #1

Use this page for any extra space or any extra writing you'd like to do in your journal.

Type your thoughts here...

## Blank Page #2

Use this page for any extra space or any extra writing you'd like to do in your journal.

Type your thoughts here...

## Blank Page #3

Use this page for any extra space or any extra writing you'd like to do in your journal.

Type your thoughts here...





