

Reflective Journal

Use the Barnardos [Reflective Journal Template](#) as a family to reflect on how returning to school has gone and what you hope for the coming months.

Reflecting on our experiences is really important. It helps us understand what is going on for our children. Planning within the family for the coming months can be really useful too, it allows children to know what they can expect which helps them feel safe.

Recommended ages 6+

Download the [Reflective Journal Template](#).

<https://www.barnardos.ie/media/9621/barnardos-reflective-journal-hbm.pdf>