

Create a Bullet Journal

Objective: Students will build resilience by raising their confidence through achieving goals and tasks they set for themselves.

Grade levels: 6-12

1. Using words, pictures or drawings, have your students journal tasks that they need to complete regularly, new tasks they'd like to incorporate into their lives and/or achievable goals they'd like to set for themselves. (Always advise the students in advance if their bullet journal will be turned in to the teacher or if it's for their personal and confidential use. It is recommended that the students be allowed to keep their journals private.)
2. Allow time daily or weekly for students to update their bullet journals, marking tasks complete, progress toward goals, and their daily accomplishments.
3. Optional: Ask the students to include a tracking system in their journals where they use words or pictures to describe how they are feeling physically and emotionally each day.