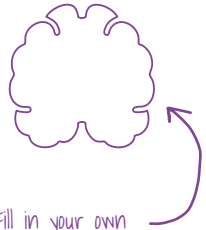
ACTIVE Journal 3

Your mind, Your journal!

Burlington Books

A place where I feel like myself



Fill in your own Active Brain emoji

This place is:

- ☐ Quiet
- ☐ New
- ☐ Familiar
- ☐ Busy
- ☐ Calm
- ☐ _____

Where is this place?

What do you usually do in this place?

Why do you feel like yourself in this place?

What makes this place different from other places you know?

Draw or describe this place.

One memory I have of this place:

I would like to go to this place with _____

In this place, I can _____

An event online that made me think

Choose what happened:

- [ ] I saw something
- [ ] Someone said something
- [ ] I read something
- [ ] _____

What were you doing online when this happened?

_____

_____

_____

Describe what happened:

_____

_____

_____

_____

Why did it make you think? Choose of the following:

- [ ] It surprised me.
- [ ] It made me question something.
- [ ] It made me curious.
- [ ] It connected to my life.
- [ ] It inspired me.
- [ ] _____

Draw or describe in words something about that online event. (It can be a symbol, a colour, a small scene, a word, etc.)

One thing I understood about the world or about myself:

_____

One thing I want to be more aware of online:

_____

When something online makes me think, I _____

_____

_____

_____