

RESET, REFLECT, & RECONNECT

Name:

Date:



UCLA

Public Partnership for Wellbeing

1 What are some songs that help your mood?



2 Think of some coping skills that you can use.

At Home:

In School:

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3

Reset Word

4

Your Strengths

5

Positive Affirmations

I CAN

I WILL

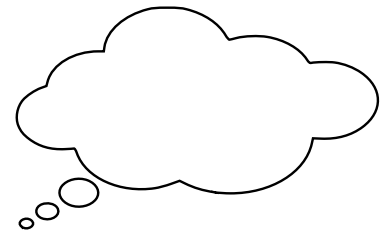
I AM

I AM APPRECIATIVE OF

6

Who can I talk to for help?

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Please answer the following Questions:

What is one thing you learned over the past year?

What do you want most out of this school year?

What are you most looking forward to?

What do you want your teacher to know/understand about you today and keep in mind during the school year?
