

❄️ My Reflection Handout ❄️

A fun space to share my feelings, draw, and remember ¹

🌀 1. How do I feel today? (Write or draw)

¹ Created using ChatGPT by David Tillman, September 28, 2025

 2. My favorite memories with my foster brother/sister:



3. My wishes for them in their new home:

 4. What helps me feel better when I am sad:

★ 5. Draw or write anything else you want to remember:

💡 *It's okay to feel many things. Your love will always matter.* 💡

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