

Thursday Writing Routine

Directions

- ☐ Choose a question.
- ☐ Think about your answer.
- ☐ Record your answer on your phone.
- ☐ Listen to your answer, and write it down below.
- ☐ Have a teacher correct your answer.
- ☐ Rerecord your answer with the corrections.

Soft Skills

1. What are some things that make you feel stressed in your life?
2. Is it harder for you to focus and concentrate when you are stressed out?
3. Do you ever have problems with sleeping? What happens?
4. Do you feel more sensitive when you are stressed out?
5. How do you check in with your emotions?
6. What routines do you have in place to help you stay organized?
7. What hobbies do you have that help you relax?

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Soft Skills

Do you ever have problems with sleeping? What happens?

What routines do you have in place to help you stay organized?

What hobbies do you have that help you relax?
