

Coregrealm — Reflection Journal

This is your space to think and notice. You can write, draw, or just sit with a question — skip any page you want. Nothing here is graded or shared.

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How are you arriving?

How are you arriving today? Notice what's happening in your body — your breath, your shoulders, how much energy you have. All of it is okay.

Thinking with Match

*Match is about **Affect-matching**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Hum

*Hum is about **Vocal co-regulation**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Sway

*Sway is about **Rhythmic co-regulation**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Beside

*Beside is about **Containment**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Word

*Word is about **Naming**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Patient

*Patient is about **Patience**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Lend

*Lend is about **Lends you their calm when yours runs out, because borrowing steadiness is how your own slowly grows.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Murmur

*Murmur is about **Helps you hear the steady voice of someone who has soothed you, tucked inside, for when they are not there..***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Anew

Anew is about Celebrates the wobbly first time you steady yourself all alone, because wobbly still counts..

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Reprise

*Reprise is about **Shows that once you can steady yourself, you can become the calm for someone else, completing the circle..***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Before you close this

What's one thing you tried hard at, or are still figuring out? The effort is the part that matters — not getting it perfect.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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