

HuggyHabits — Reflection Journal

This is your space. You can write or draw whatever you want — and you can skip any page. There are no wrong answers, and nobody grades it.

Spark & Anvil is a 501(c)(3) public charity. Every app, story, and book is free, forever — no ads, no in-app purchases, no tracking. Released under Creative Commons BY-NC-SA 4.0 for educational reuse.

How are you arriving?

How are you feeling right now? All feelings are okay. What does your body feel like — is it fast or slow, big or quiet?

Thinking with Snooze

*Snooze is about **Bedtime + winding-down.***

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

Thinking with Scrub

*Scrub is about **Brushing + handwashing + bath.***

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

Thinking with Bounce

*Bounce is about **Body movement + active breaks.***

Write or draw 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 is one thing you tried hard at, or are figuring out? You worked at it — that's the good part.

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.

Spark & Anvil is a 501(c)(3) public charity. Every app, story, and book is free, forever — no ads, no in-app purchases, no tracking. Released under Creative Commons BY-NC-SA 4.0 for educational reuse.

Keep exploring online

- **Play it now:**

<https://sparkanvil.org/play/huggyhabits>

- **Meet the cast:**

<https://sparkanvil.org/cast/huggyhabits>

- **More free books:**

<https://sparkanvil.org/books>