

Tempcheck — 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 Pick

*Pick is about **Noticing self**.*

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

Thinking with Both

*Both is about **Dyad-sync**.*

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

Thinking with Gap

*Gap is about **Mismatch-as-data**.*

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

Thinking with Streak

*Streak is about **Growth-chart**.*

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

Thinking with Brim

*Brim is about **Picks the card that is really true today, not the easy "I am fine" card you hold up so nobody worries..***

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

Thinking with Buoy

Buoy is about Reads the bodys quiet signal first, because a feeling often shows up in your chest or tummy before you have a word for it..

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

Thinking with Skiff

*Skiff is about **Shows that you do not have to wait to be noticed.***

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

Thinking with Moor

*Moor is about **When someone shows you a hard feeling, stays steady and holds it with them instead of rushing to fix it.***

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

Thinking with Cove

*Cove is about **When a check-in gets missed or misread, comes back to it later, because a missed moment is never lost for good..***

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

Thinking with Ebb

*Ebb is about **Notices** when a feeling turns partway through a moment, and picks a new card, because the first card is a start, not a sentence..*

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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