|  |  |
| --- | --- |
|  | **Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class\_\_\_\_**  2021 – 2021 JOURNAL  Personal Wellness – Video Reflection |

|  |
| --- |
| **Video Sheet Guidelines**  In the video content area write a few things that struck you about the content of the video. If you get stuck about what to write you can try and answer:  *How would you summarize this video? What was the important part of the video? How did the video make you feel? What did you most agree with? What was most surprising to you?* |

|  |  |  |
| --- | --- | --- |
| **DATE** | **VIDEO NAME** | **VIDEO CONTENT** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |