

Name _____

Facing Change

Directions: Read the passage below carefully. After reading, reflect on how the text connects to your personal life, experiences, or feelings. Write your response in journal style, making it thoughtful and specific. Make sure to explain **why** the connection matters to you.

When Sofia's family moved to a new city, she felt nervous about starting at a different school. On her first day, she worried that no one would want to sit with her at lunch. But when she entered the cafeteria, a friendly student named Maya waved her over and offered her a seat. Over the next few weeks, Sofia slowly began to feel like part of the group as she joined the art club and helped with a science project. She realized that even though change is scary, it can also open doors to new opportunities. Looking back, Sofia thought that facing her fears was one of the bravest things she had ever done.

Write a **Text-to-Self Connection Journal Entry** about the passage.

- Have you ever faced a situation where you felt nervous about something new?
- How did you handle it?
- In what ways does your experience connect to Sofia's?
- What can you learn from both her story and your own?


