Culture shock reflection

Moving countries has ups and downs. Note the highs, the lows and what helped, week by week, to see your own pattern.

NAME _____ DATE _____

Week	Mood 1-5	High point	Hard moment	What helped
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				
Week 11				
Week 12				

Something about Canada that surprised me:

Something from home I can bring into my week: