



Heat Journal

NAME

2025

Story of Self, us and now

Who am I? (The Story of Self)

→ Where were you born? Who taught you the work you do now? What do you value in your daily life?

Who are we? (The Story of Us)

→ How does your community live with the sea , beach, the sun, turtles, fishes? What are some shared hopes , strengths, values and struggles?

Where are we now? (The Story of Now)

→ What is your daily routine like? How did you arrive here in your life? What stories of your life do you remember about you? What are the worries heat brings? What changes do you see in your work, rest, and health?

Prompts to journal everyday

The following are prompts that you can use everyday to fill in responses

Each includes a short storytelling or meaning-making prompt:

1. Tell a story about your day when you worked through a difficult time in the heat. Who or what helped you?
2. If your body could talk, what would it say about this summer?
3. What did the heat try to take away from you today—and what did you protect?
4. What changes have you made to your day that made you feel stronger or safer?
5. What memory do you have of a cooler time that brings comfort?
6. If you could give the heat a message, what would you say?
7. Whose voice or advice helps you deal with heat and tiredness?
8. What do you know about your community's old ways of staying cool?
9. What becomes possible when you listen to the voices or advice and the old ways?
10. Write a short letter to the sea, sun, or your future self about how you survived this month.

Fill in what your mood and feelings were during the day...

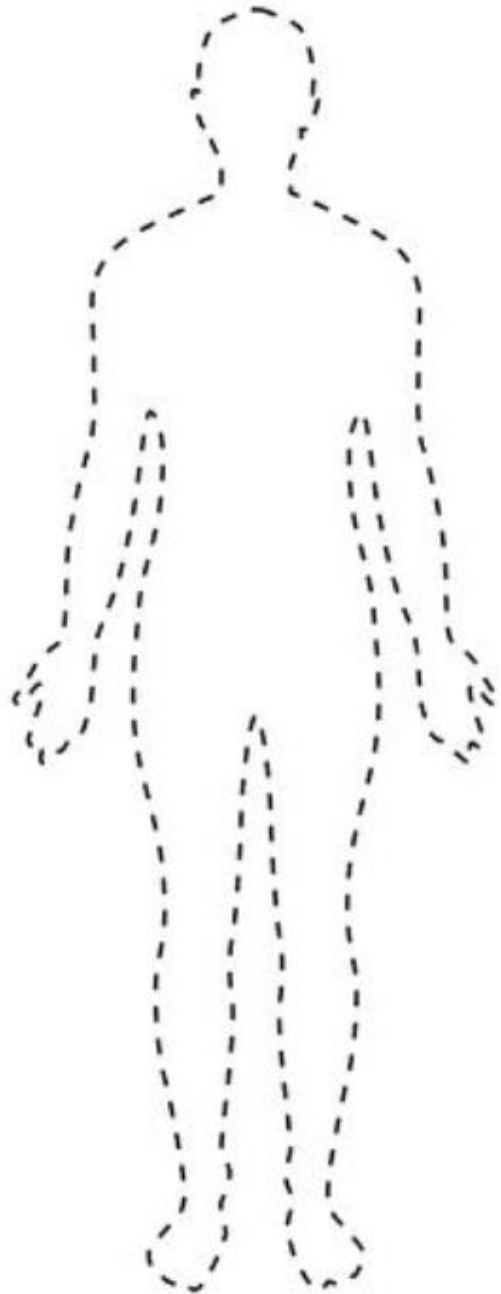


Happy, sad, worried, well, anxious, disgusted, angry, loved, thankful, relieved, confused, disappointed and others

Body map

Date-

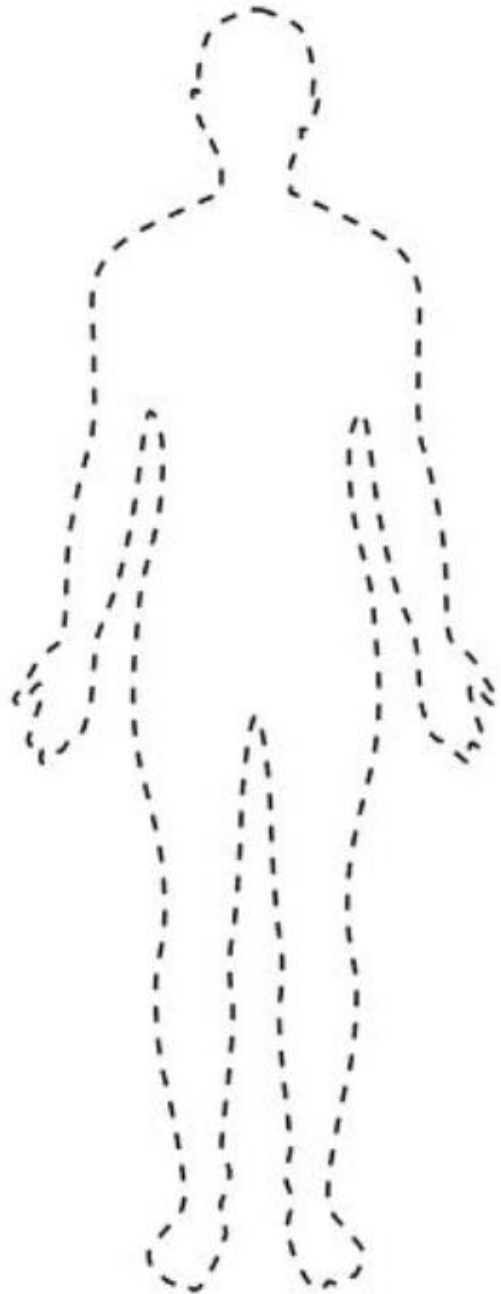
Take a couple of deep breaths to check into your body. Notice how your body is feeling and how it has been throughout the week. Using colours, slogans, patterns show how your body has been coping with the heat and what has helped bring respite.



Body map

Date -

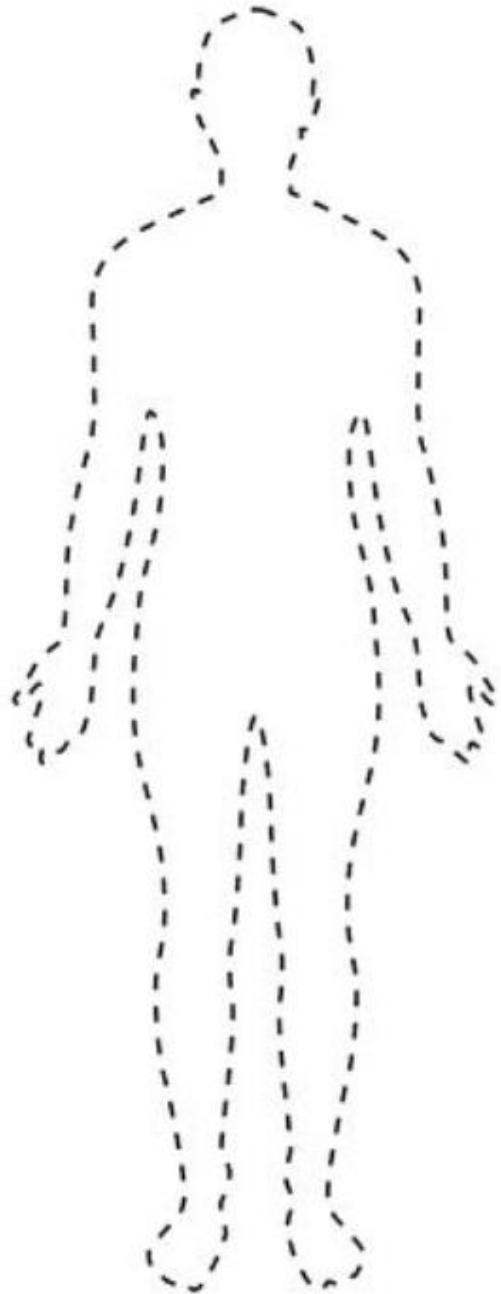
Take a couple of deep breaths to check into your body. Notice how your body is feeling and how it has been throughout the week. Using colours, slogans, patterns show how your body has been coping with the heat and what has helped bring respite.



Body map

Date -

Take a couple of deep breaths to check into your body. Notice how your body is feeling and how it has been throughout the week. Using colours, slogans, patterns show how your body has been coping with the heat and what has helped bring respite.



Body map

Date -

Take a couple of deep breaths to check into your body. Notice how your body is feeling and how it has been throughout the week. Using colours, slogans, patterns show how your body has been coping with the heat and what has helped bring respite.

