

Listening Activity Journal



Mary and the Echo Valley

Bonus Pages

Practice listening, drawing, gentle truths,
and brave friendship.



by Harper Rose

Bonus Listening Pages

Practice after the story.



Use these pages to practice noticing feelings, making room for others, and remembering that every voice matters.

My promise:

I can pause.

I can listen.

I can speak gently.

My voice matters too.

My Listening Comfort Kit

Draw or write three things that help you.



1. _____

2. _____

3. _____

Ideas: A kind friend A quiet place A song My own idea

Heart Listening Practice 1

Write, draw, or ask a grown-up to help.



Place your hand on your heart. Ask yourself: What am I feeling right now?

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Heart Listening Practice 2

Write, draw, or ask a grown-up to help.



Say: I am here. My feelings matter. Today my heart feels:

Before I tried/listened, I felt:

Calm

Okay

Worried

Left out

After, my body/heart feels:

Calm

Better

Still unsure

Ready to try

My words or drawing:

Heart Listening Practice 3

Write, draw, or ask a grown-up to help.



Think about a time your voice felt small. One thing I wanted to say was:

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Heart Listening Practice 4

Write, draw, or ask a grown-up to help.



Listening does not mean fixing everything. Today I can listen by:

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Heart Listening Practice 5

Write, draw, or ask a grown-up to help.



Sometimes friendship gets quiet. One thing I might want to say is:

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Heart Listening Practice 6

Write, draw, or ask a grown-up to help.



Big feelings do not have to be rushed. When a feeling gets big, I can:

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Heart Listening Practice 7

Write, draw, or ask a grown-up to help.



Every voice matters. My voice matters because:

Before I tried/listened, I felt:

Calm

Okay

Worried

Left out

After, my body/heart feels:

Calm

Better

Still unsure

Ready to try

My words or drawing:

Heart Listening Practice 8

Write, draw, or ask a grown-up to help.



Listening is a promise. My listening promise today is:

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

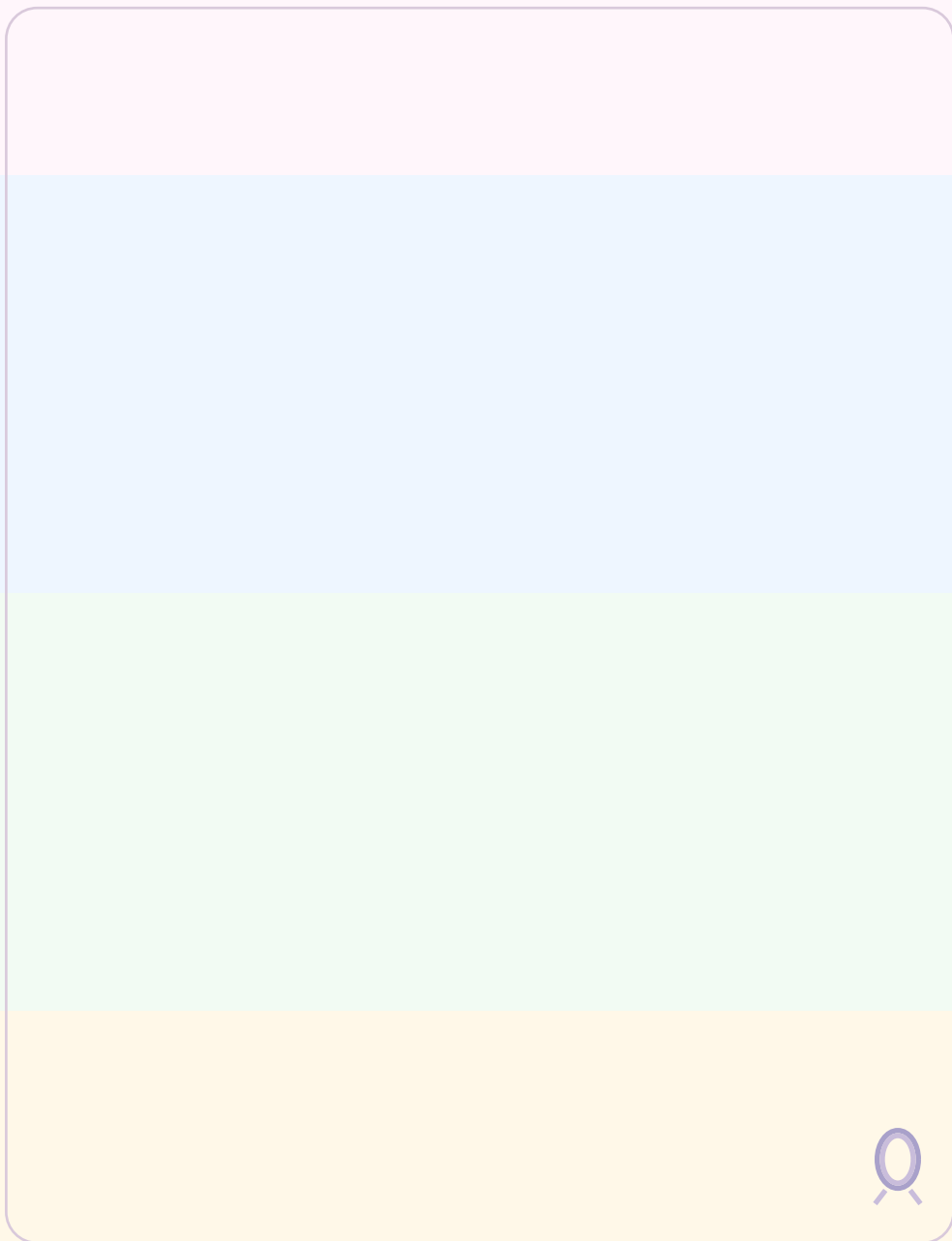
After, my body/heart feels:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

My words or drawing:

Draw the Echo 1

Draw the rain making shapes on the window.



Draw the Echo 2

Draw Mary listening with her hand on her heart.



Draw the Echo 3

Draw the Mirror glowing under the stage.



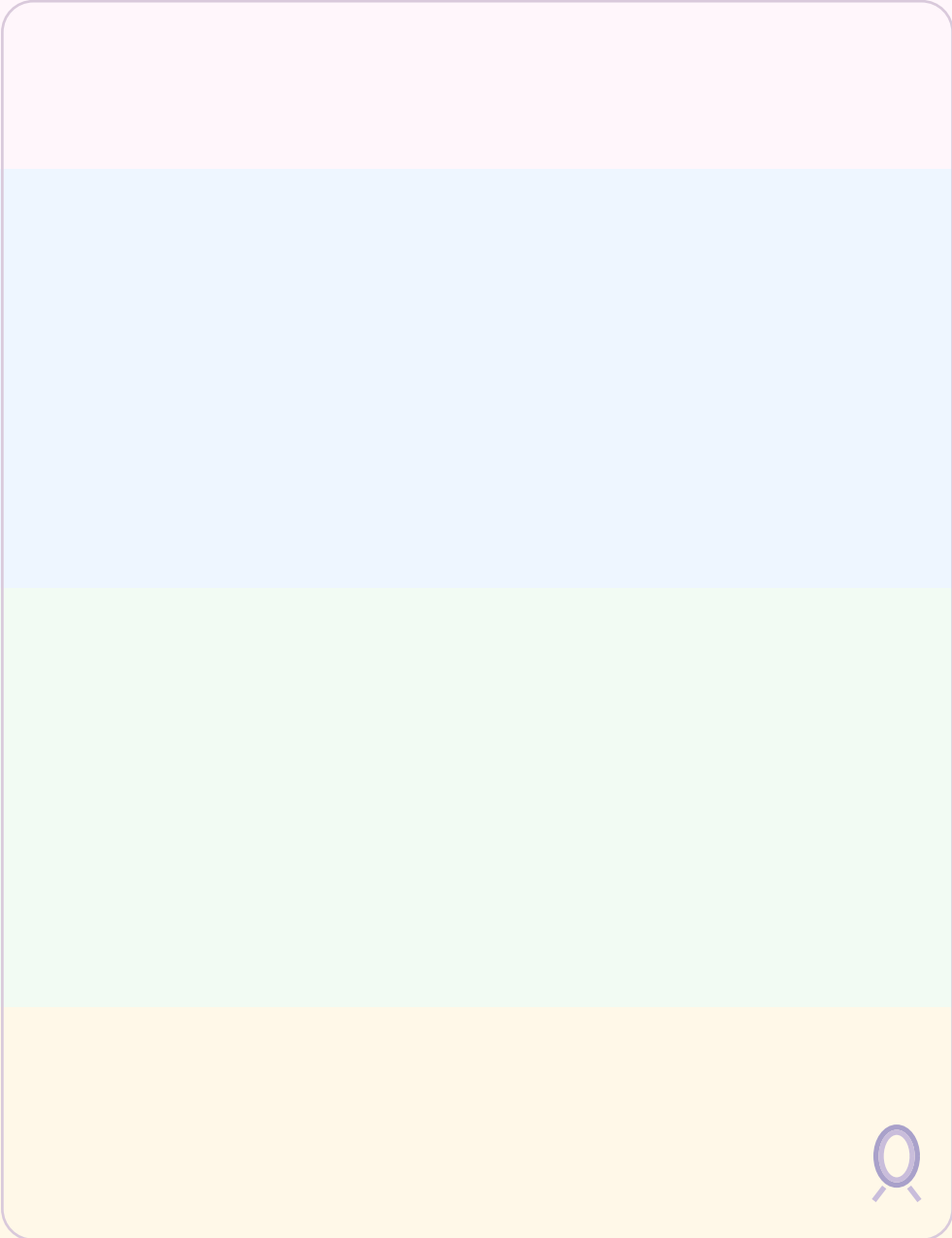
Draw the Echo 4

Draw the Valley of Echoes.



Draw the Echo 5

Draw Rowan's quiet song.



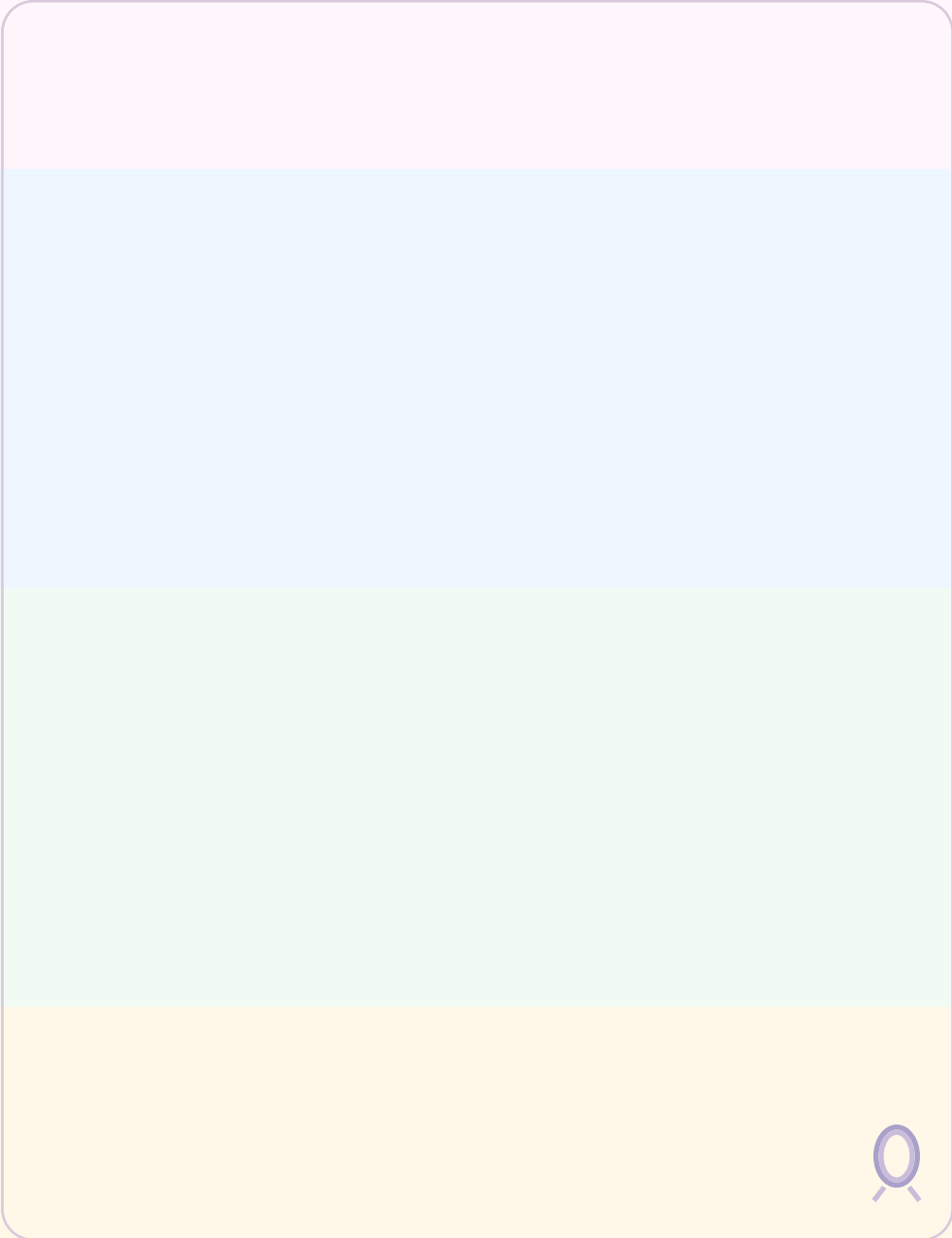
Draw the Echo 6

Draw a feeling as a color.

A large, rounded rectangular area intended for drawing. The background of this area is a vertical rainbow gradient, transitioning from light blue at the top, through green, yellow, and orange, to light red at the bottom. A small icon of a magnifying glass is located in the bottom right corner of this area.

Draw the Echo 7

Draw the Hall of Harmony.



Draw the Echo 8

Draw a broken chord becoming healed.



Draw the Echo 9

Draw a friendship being repaired.



Draw the Echo 10

Draw your favorite part of the story.



My Echo Feelings Journal 1

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 2

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 3

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 4

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 5

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 6

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 7

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 8

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 9

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Echo Feelings Journal 10

Write, draw, or ask a grown-up to help.



Today I felt:

One feeling I noticed:

Something I wanted to say:

One kind thing I can remember:

My Gentle Truth Words

Write or trace words that help your heart.



I felt left out.

I missed you.

I need help.

I want to try again.

My voice matters.

My Friendship Repair Plan

A grown-up can help me fill this in.



When friendship feels quiet, I can:

- Ask what is true
- Say how I feel gently
- Listen without interrupting
- Apologize if needed
- Try again

One gentle sentence I can use:

My Listening Promise

A grown-up can help me fill this in.



I promise to listen with kindness by:

- Waiting my turn
- Not interrupting
- Noticing someone quiet
- Telling the truth gently
- Resting when I need to

My own listening promise:

My Voice Matters 1

Write, draw, or ask a grown-up to help.



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

After, my body/heart feels:

Seen

Heard

Brave

Still learning

My words or drawing:

My Voice Matters 2

Write, draw, or ask a grown-up to help.



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

After, my body/heart feels:

Seen

Heard

Brave

Still learning

My words or drawing:

My Voice Matters 3

Write, draw, or ask a grown-up to help.



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

After, my body/heart feels:

Seen

Heard

Brave

Still learning

My words or drawing:

Read It Again

Reflect on the story.



My favorite page was:

I liked it because:

A skill I can try is:

One More Listening Breath



Write, draw, or ask a grown-up to help.

Finish the journal with one gentle breath. In through your nose. Hold two. Out through your mouth, slow and smooth. I am listening. I am growing. I belong.

Before I tried/listened, I felt:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

After, my body/heart feels:

- | | |
|--------------------------------|--|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Better |
| <input type="checkbox"/> Heard | <input type="checkbox"/> Ready to rest |

My words or drawing:

Thank You for Reading



May every quiet voice be heard, every feeling
find room, and every heart remember: My voice
does not have to be loud to be true.