



My Sleepover Brave Journal

A write-and-draw activity book

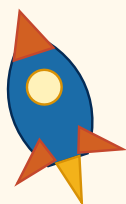
Name: _____

Use this journal when you feel excited and nervous at the same time. You can pause, check in, and choose a brave next step

Notice

Breathe

Ask



How to Use This Journal



Do this: Pick one page. Read the words. Write, draw, or check a box. You can skip any page and come back later.

1

Read

Look at the page and read the short directions.

2

Write or draw

Use words, pictures, check marks, or colors.

3

Share your plan

Show a grown-up any page that helps them help you.



Brave reminders

- ☐ It is brave to try.
- ☐ It is brave to ask for help.
- ☐ It is brave to take one tiny step.
- ☐ It is brave to try again another day.

Before I Go

My feelings check



Do this: Circle or color the faces that match how you feel right now. You can choose more than one.



Excited



Nervous



Curious



Tired



Proud



Unsure



Today I feel:

How big are my feelings?



tiny

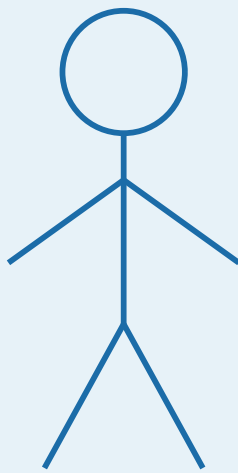


very big

My Body Check-In



Do this: Put marks on the body or check the boxes. Then finish the sentence.



Put marks on this body.

My body might feel:

- ☐ fast heart
- ☐ butterflies
- ☐ tight tummy
- ☐ busy thoughts
- ☐ hot face
- ☐ wiggly legs
- ☐ dry mouth



My body feels:

My Worry Cloud



Do this: Write or draw what your worry says. A worry is a thought that tries to protect you.



My worry says:

How loud is my worry?



I can tell my worry:

Thanks, worry. I have a plan.

My Brave Thought



Do this: Choose one worry. Then build a brave thought that is kind and true.



Worry thought:

turn it into



Brave thought:

Sentence starters:

I can try one step. I can ask for help. I can go home if I need to. I can try again another day.

My I Can Toolbox



Do this: Check every tool you might use at a sleepover or practice sleepover.



I can try.



I can breathe.



I can ask for help.



I can go home if I need to.



I can bring a comfort item.



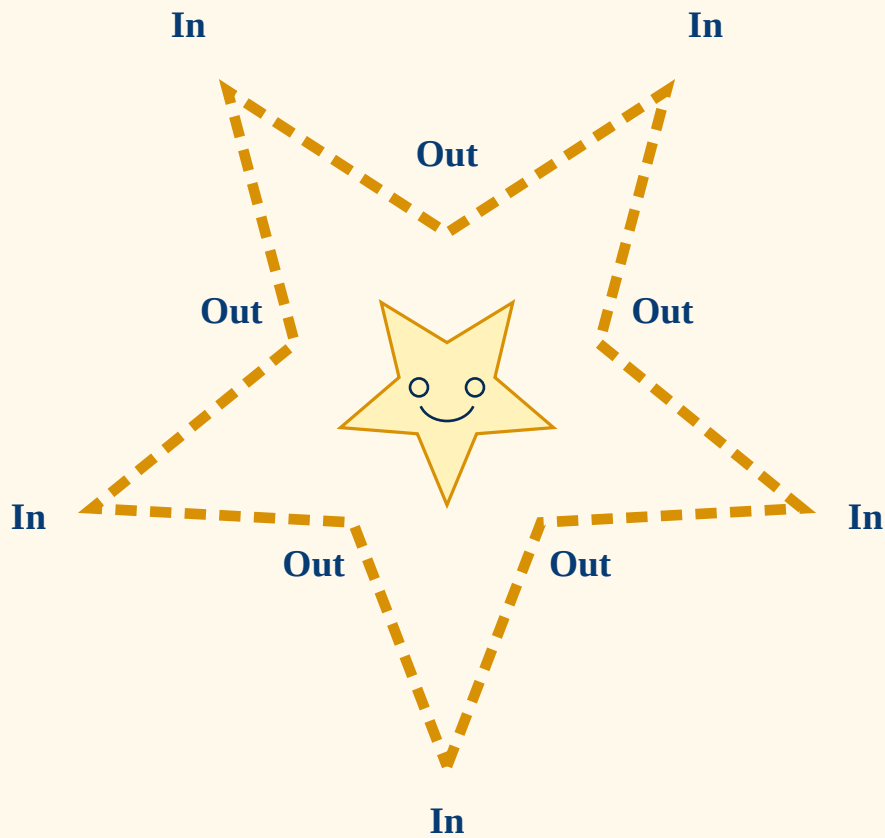
I can try again another day.



Star Breathing Practice



Do this: Trace around the star. Breathe in on one side. Breathe out on the next side.



I practiced star breathing _____ times.

After breathing, my body feels: _____

Ask for Help Words



Do this: Practice words you can say or text when you need help.

I feel nervous. Can you sit with me?

Can we make a plan?

Can I call home?

Can I try one small step first?



My words:



A person I can ask is: -----

My Grown-Up Help Plan



Do this: Fill in your helpers. This page is for making a safe plan before you go.

My grown-up at home: _____

My sleepover grown-up: _____

Phone or text number: _____



A grown-up can help me by:

If I want to go home, the plan is:

My Comfort Item



Do this: Draw or write about one item that helps you feel calm and connected.

Draw your comfort item here



My comfort item is:

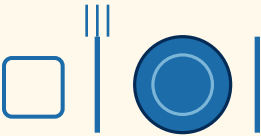
It helps because:

I will keep it:

Sleepover Practice Plan



Do this: Before my next sleepover, choose one small step to practice. Check it when you try.



Dinner and pajamas



Movie night, then home



Stay until bedtime



Try my bedtime routine somewhere safe



Bring a comfort item



Call or text my grown-up



Try again another day



My next tiny step is: _____

Packing My Calm Bag



Do this: Check what you want to pack. Add your own ideas at the bottom.



My calm bag

- ☐ pajamas
- ☐ toothbrush
- ☐ comfort item
- ☐ favorite book
- ☐ calm card
- ☐ grown-up phone #
- ☐ water bottle
- ☐ picture from home



My own packing ideas:

Bedtime Calm Plan



Do this: Pick three calm things to do at bedtime. Put them in order.

☐

Read a book

☐

Hug my comfort item

☐

Breathe slowly

☐

Ask for a check-in

☐

Sip water

☐

Think my brave thought

☐

Look at a picture from home

☐

Use a night light



My calm order is:

1.

2.

3.

My Sleepover Check-In Card



Do this: Fill in this card. You can put it in your bag or keep it by your bed.



My Brave Card

When I feel nervous, I can:

My brave thought:

My grown-up / number:

It is okay to ask for help.

After I Try

Morning-after reflection



Do this: After a practice or sleepover, tell your story. You can write or draw.

I tried: _____

What felt hard: _____

What helped me: _____

A brave thing I did: _____

Next time, I might: _____

My Brave Badges



Do this: Color a badge when you practice a brave skill.



My favorite badge is: _____

Why? _____

My Sleepover Story



Do this: Draw or write a tiny story about before, during, and after a practice sleepover.

Before

During

After

Today I can: _____

