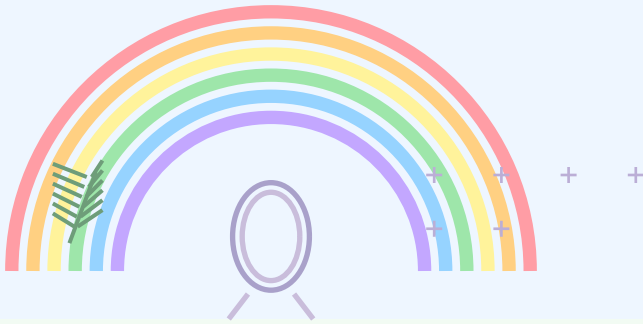


Wishkeeper Activity Journal



Mary and the Mirror of Wishes

Bonus Pages

Practice kindness, drawing, brave thoughts,
and small brave moments.

by Harper Rose

Bonus Wishkeeper Pages

Practice after the story.



Use these pages to practice noticing, caring, trying, and believing in small brave moments after the story.

My promise:

I can notice.

I can care.

I can try one small brave thing.

My Wishkeeper Kit

Draw or write three things that help you.



1. _____

2. _____

3. _____

Ideas: A feather A kind word A hand to hold My own idea

Small Brave Practice 1

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



Place your hand on your heart. Breathe in slowly. Breathe out slowly. Today, one small brave thing I can try is:

Before I tried/listened, I felt:

- | | |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Unsure |

After, my body/heart feels:

- | | |
|--------------------------------|---|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Proud |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Still learning |

My words or drawing:

Small Brave Practice 2

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



Say: I can try. Small brave still counts. Today, I can be brave by:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 3

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



Think of someone who may need kindness today. I can show kindness by:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 4

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



Sometimes courage is quiet. One quiet brave thing I did or can do is:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 5

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



Mistakes are not monsters. A mistake I made was, and something I can say to myself is:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 6

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



Trust can feel wobbly at first. One thing I am learning to trust is:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 7

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



Kindness can travel. One kind thing someone did for me,
and one kind thing I can do for someone else:

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Small Brave Practice 8

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



A wish can become an action. My wish for someone else is, and one small thing I can do is:

Before I tried/listened, I felt:

- | | |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Okay |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Unsure |

After, my body/heart feels:

- | | |
|--------------------------------|---|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Proud |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Still learning |

My words or drawing:

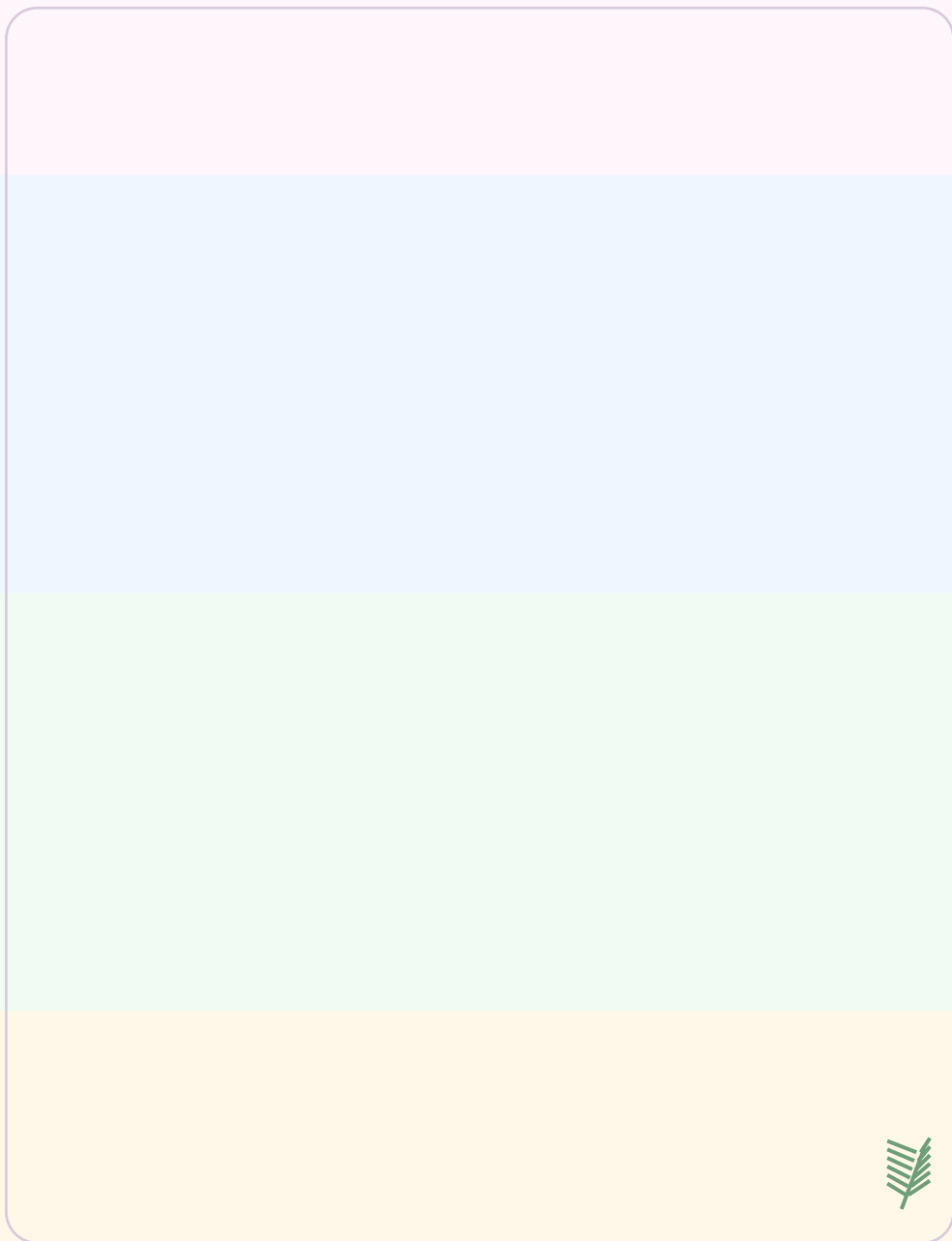
Draw the Wish 1

Draw your brave object.

A large, empty rectangular area with rounded corners, intended for drawing. The background of the page features a soft, multi-colored gradient from light blue at the top to light yellow at the bottom.

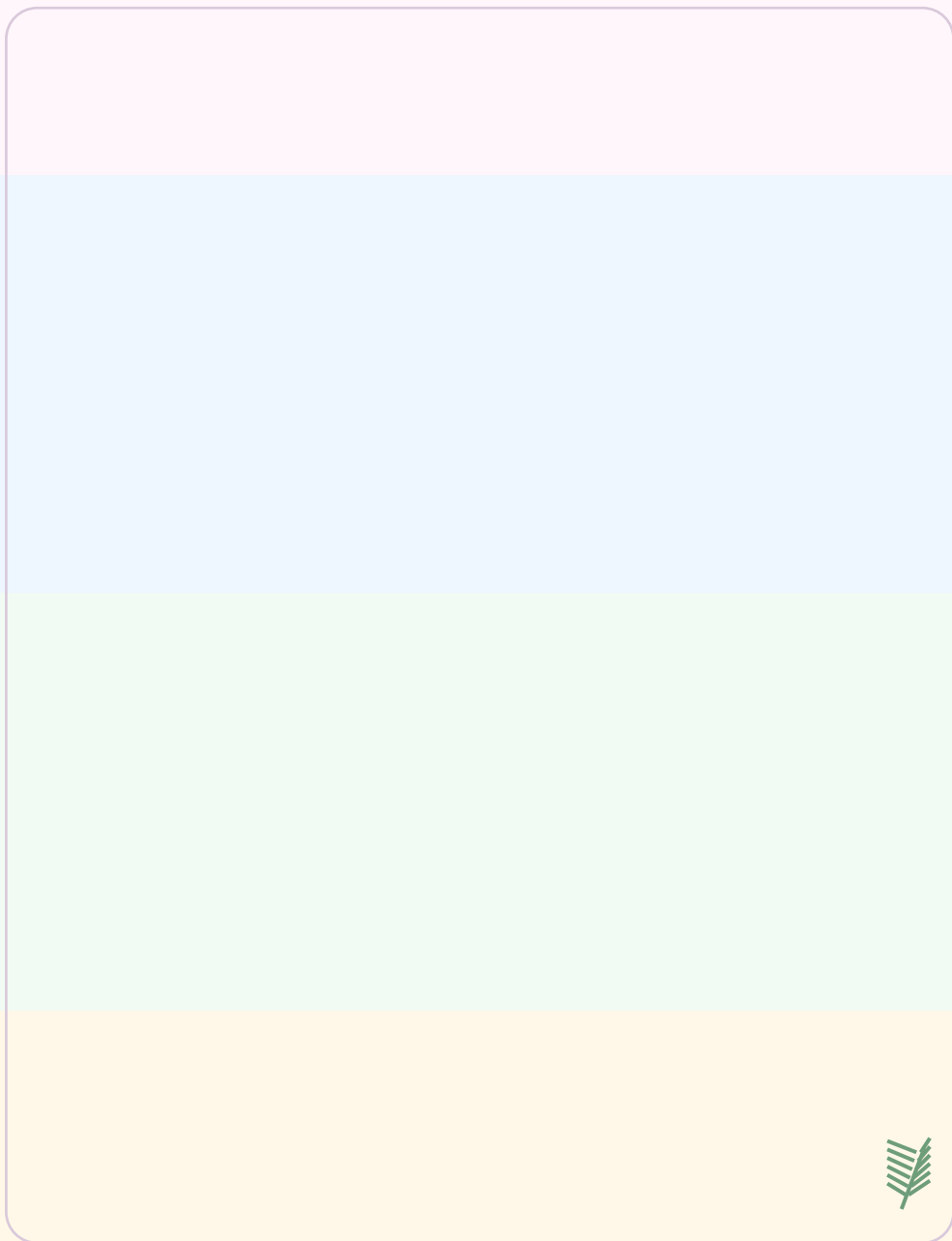
Draw the Wish 2

Draw a feather that feels magical.



Draw the Wish 3

Draw the old wooden stage.



Draw the Wish 4

Draw the Mirror of Wishes.



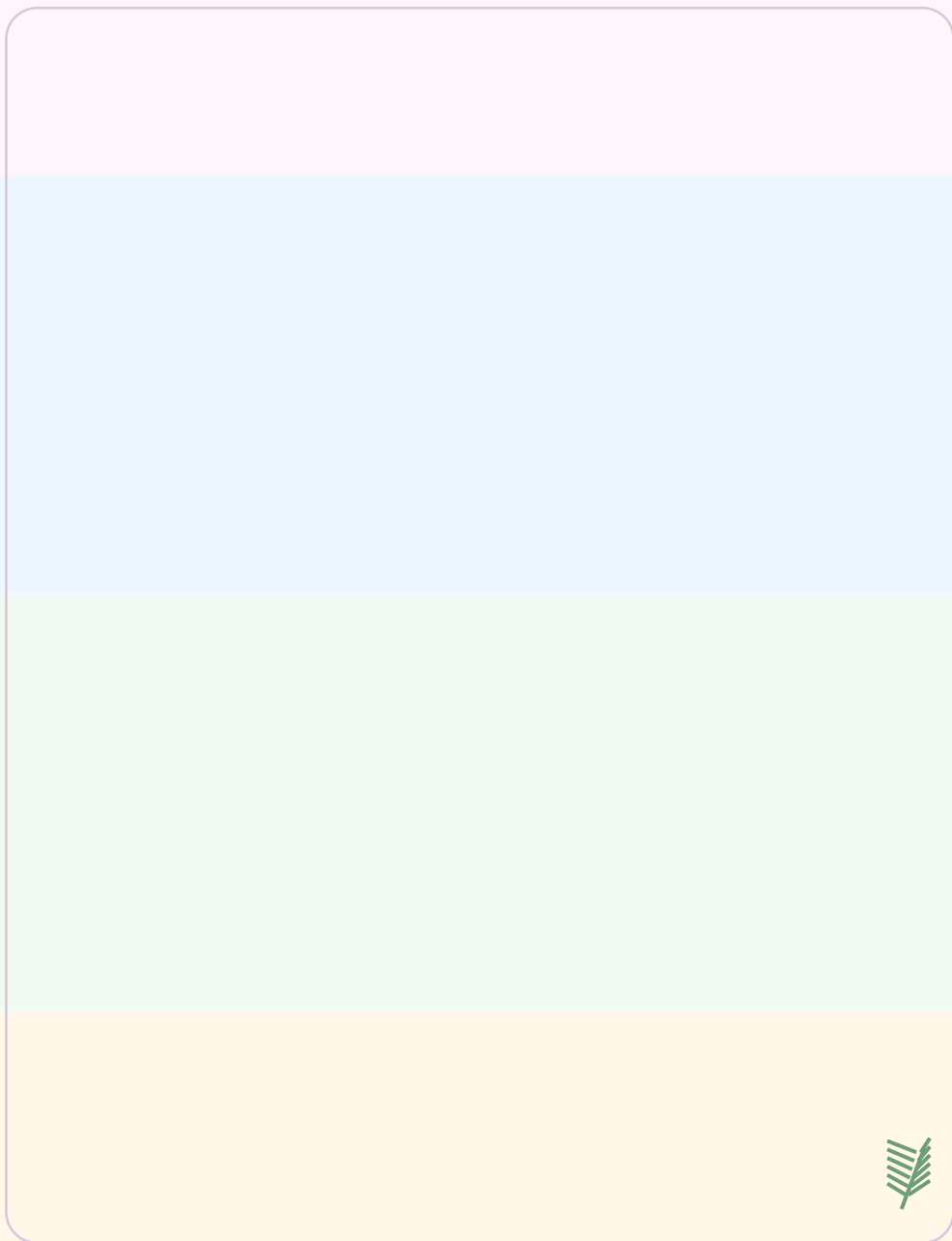
Draw the Wish 5

Draw a wish traveling through the sky.



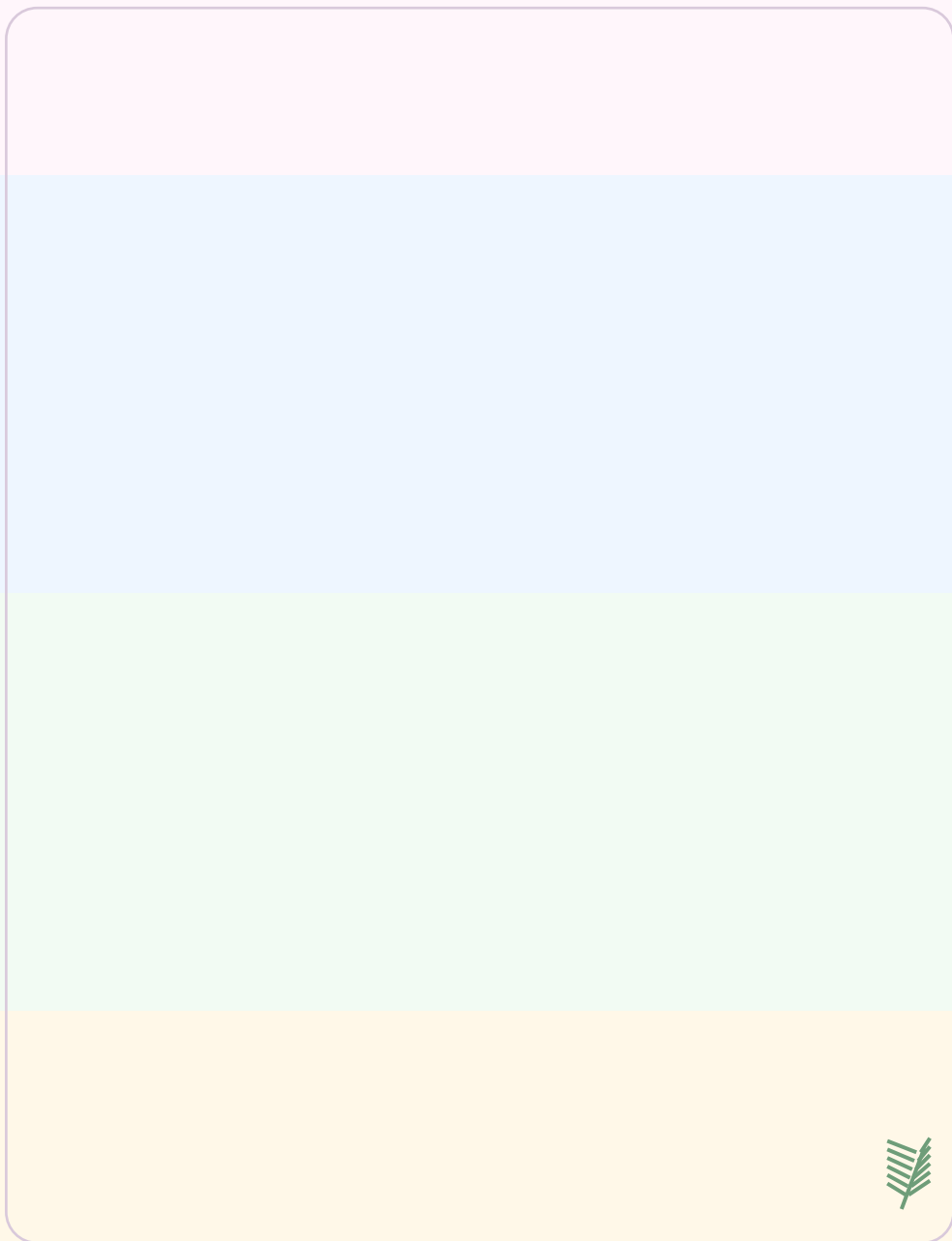
Draw the Wish 6

Draw the Skyprancers.



Draw the Wish 7

Draw a garden where hope can grow.



Draw the Wish 8

Draw someone sitting beside a new friend.



Draw the Wish 9

Draw your small brave moment.

A large, empty rectangular area with rounded corners, outlined in purple, intended for drawing. The background of the page features a soft, multi-colored gradient from light blue at the top to light yellow at the bottom.

Draw the Wish 10

Draw your favorite part of the story.



My Wishkeeper Feelings Journal 1



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

Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 2

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



Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 3



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

Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 4

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



Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 5



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

Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 6



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

Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 7

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



Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 8

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



Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 9



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

Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Feelings Journal 10

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



Today I felt:

Something kind I noticed:

Something brave I tried:

One wish I have for someone else:

My Wishkeeper Words

Write or trace words that help your heart.



I can try.

Small brave counts.

Kindness can begin with me.

I can help someone feel seen.

I can begin again.

My Playground Kindness Plan

A grown-up can help me fill this in.



When I see someone alone, I can:

- Say hello
- Smile
- Sit nearby
- Ask them to play
- Give them space kindly

My own kindness idea:

Make a Wish Plan 1

A grown-up can help me fill this in.



Think of someone who might need kindness. I can help the wish move by:

- Smile
- Say hello
- Save a seat
- Share
- Invite them in

My own wishkeeper idea:

Make a Wish Plan 2

A grown-up can help me fill this in.



Think of someone who might need kindness. I can help the wish move by:

- Smile
- Say hello
- Save a seat
- Share
- Invite them in

My own wishkeeper idea:

Make a Wish Plan 3

A grown-up can help me fill this in.



Think of someone who might need kindness. I can help the wish move by:

- Smile
- Say hello
- Save a seat
- Share
- Invite them in

My own wishkeeper idea:

Read It Again

Reflect on the story.



My favorite page was:

I liked it because:

A skill I can try is:

One More Brave 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 can notice. I can care. I can try.

Before I tried/listened, I felt:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

Thank You for Reading



May every wish become a kind action, every small brave moment grow, and every heart remember it matters.