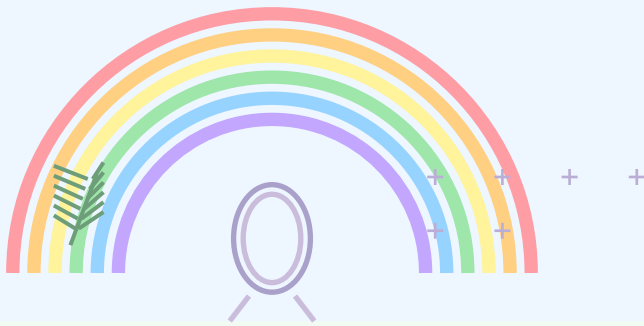


Wishkeeper Activity Journal



Mary and the Mirror of Wishes

Bonus Pages

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

by **Zinnia Grace Bloom**

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:

- | | |
|----------------------------------|---------------------------------|
| <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 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:

Calm

Okay

Nervous

Unsure

After, my body/heart feels:

Calm

Proud

Brave

Still learning

My words or drawing:

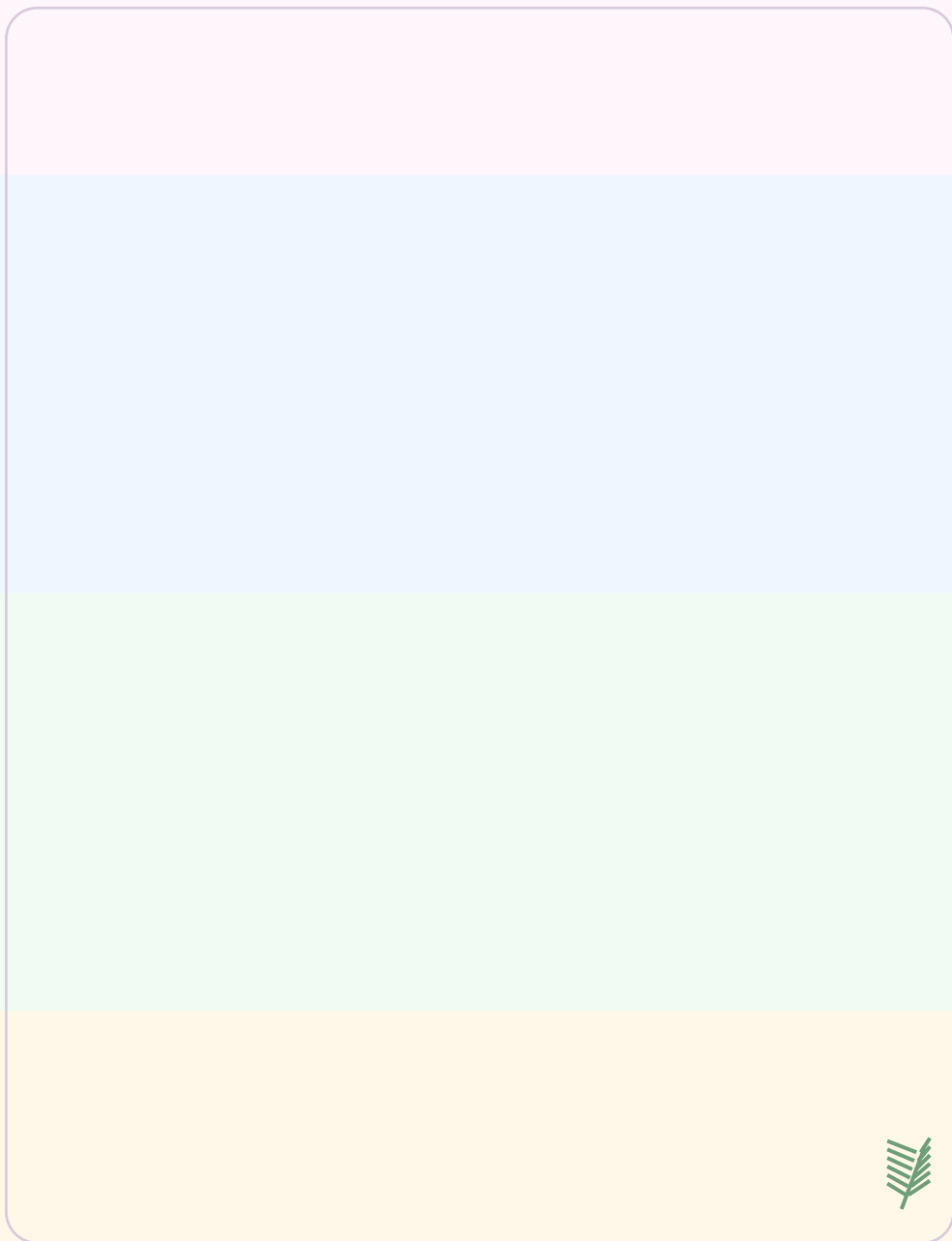
Draw the Wish 1

Draw your brave object.

A large, empty rectangular box with rounded corners, intended for drawing. The background of the page features a vertical 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.



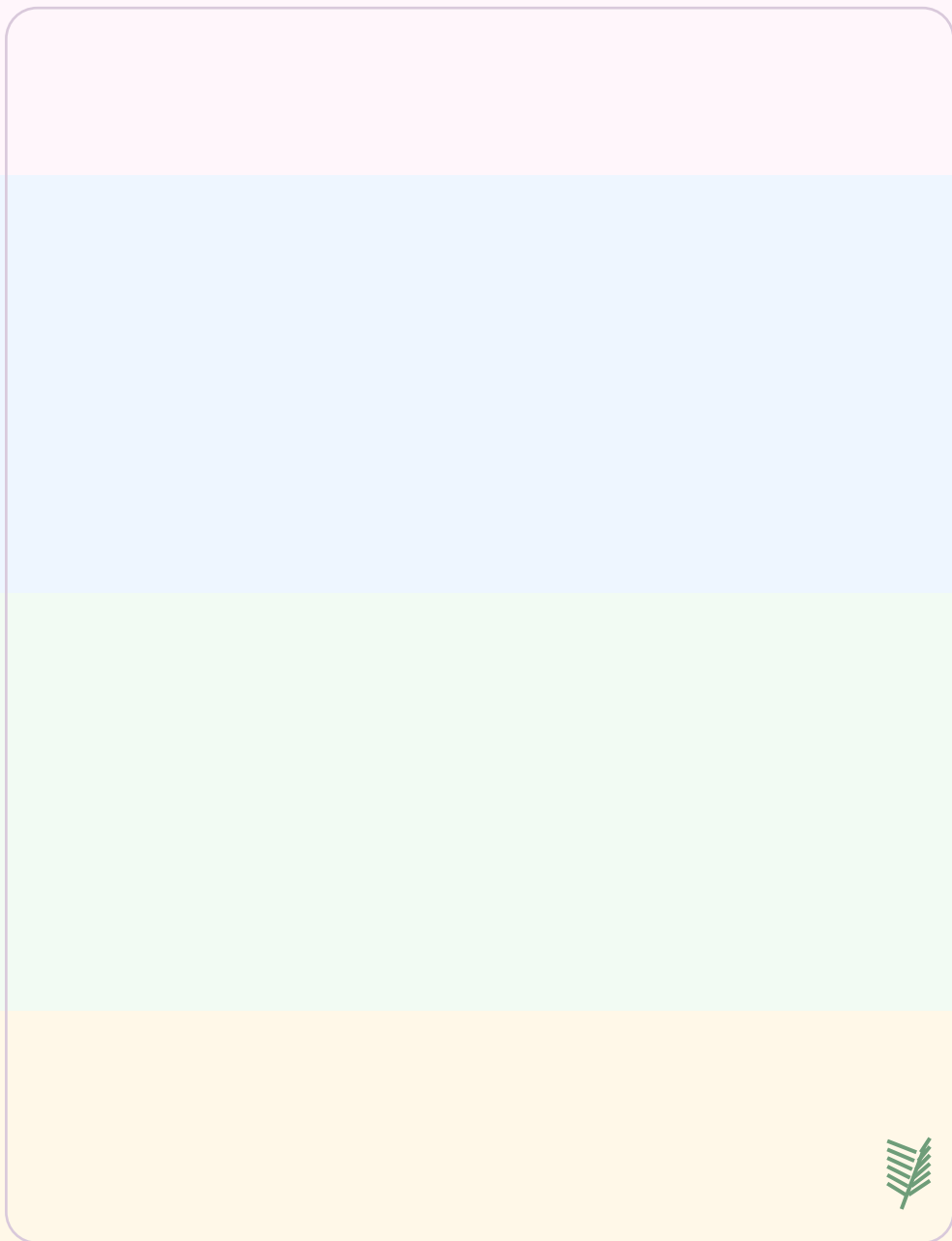
Draw the Wish 7

Draw a garden where hope can grow.



Draw the Wish 8

Draw someone sitting beside a new friend.



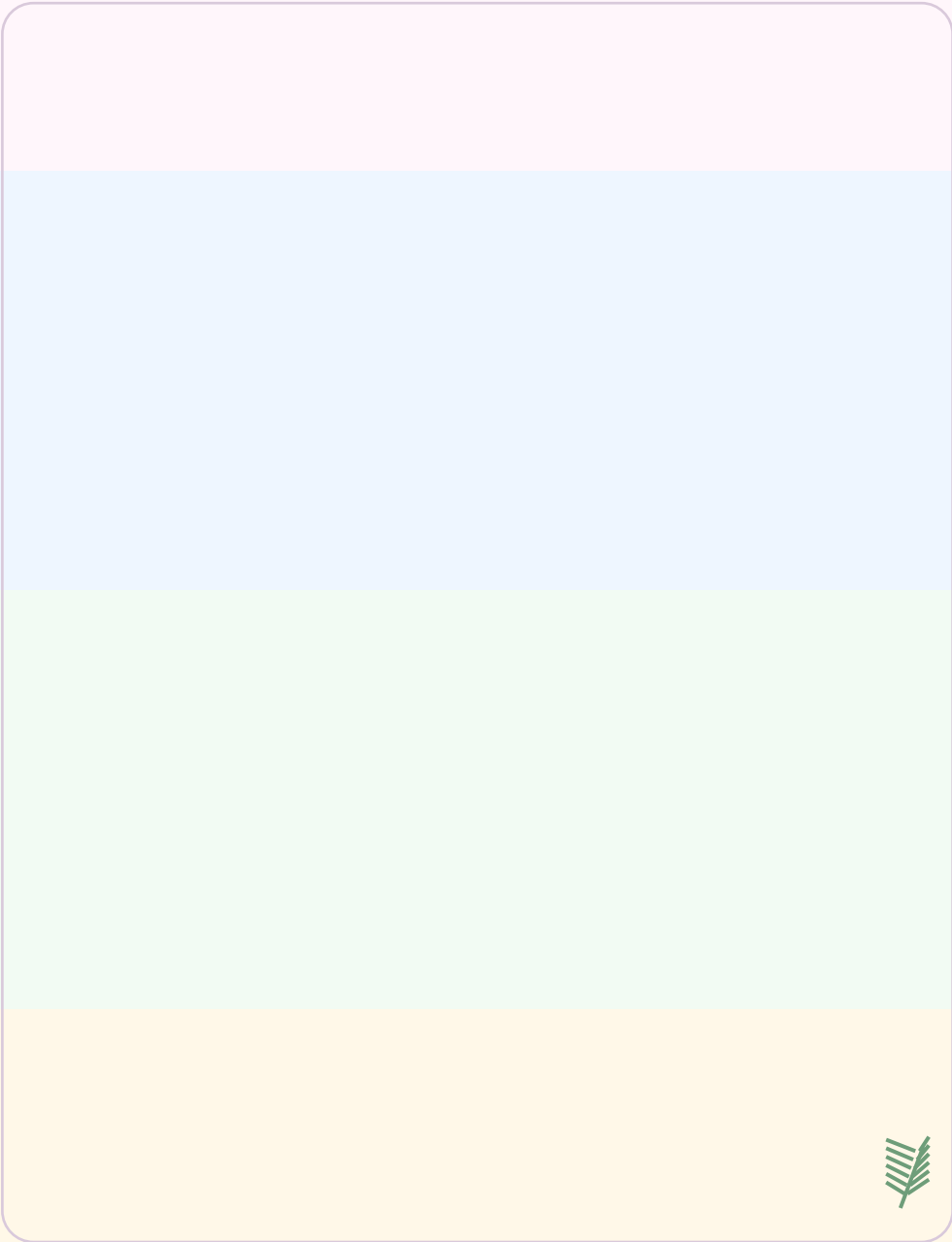
Draw the Wish 9

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 vertical 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.