

Jaden's Bumpy, Brave Bike Ride

ACTIVITY JOURNAL

A fun journal to help me notice, calm, heal, and try again.



Bumpy roads can still lead to brave hearts.



My Bike-Day Feelings

Before I ride or try something new, I can notice how I feel.



Circle how you feel before your brave try:



happy



calm



excited



nervous



unsure

Something I was excited to try:

A person who cheers me on:

My bike-day brave words:

I can -----



Feel it. Name it. Take one small step.



When It Got Bumpy



A bump, fall, or surprise can bring big feelings.



A bumpy thing that happened was:



My body clues were:

☐

tummy flipped

☐

knees wobbled

☐

face felt hot

☐

hands felt tight

☐

voice got loud

☐

tears came

Draw or write the bumpy moment:



A bump is one moment. My brave can keep growing.





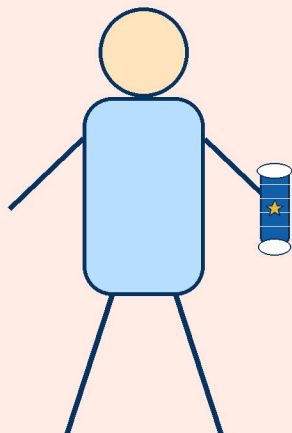
Ouch and Safe Help

When something hurts, I can tell a helper what I notice.



Where did I feel it?

Draw a circle or write words.



Safe helper words I like:

♥ You're safe.

♥ It's okay to cry.

♥ We'll make a plan.

♥ I will stay close.

I can ask for:

☐ ice

☐ space

☐ doctor/nurse

☐ a hug

☐ a friend



Can
Begin
Again
♥



You're safe. Take it slow. Helpers can help.



My Top 5 Brave Focus

When worries zoom, I can slow down and notice.



1. Top 5 colors I can see:



2. Top 5 sounds I can hear:



3. Top 5 shapes I can find:



4. Top 5 safe things around me:



5. My calm words are:

"I am safe. My brave is with me."



Look around. Name five. Let calm come back.



X-Ray Brave Plan



New things can feel big. I can learn what will happen.

What I know about an x-ray:



- ☐ It is a picture light.
- ☐ It does not pinch or bite.
- ☐ I can hold still and count to three.

My questions for the helper:

My comfort item or brave thought:



Small brave still counts a lot.

Ask. Count. Hold still. Be proud.



My Bumpy Bike Calm Plan

When big feelings show up, I can use my plan.

☐

1



1. Find 5 blue things

☐

2



2. Name 5 sounds I hear

☐

3



3. Think of 5 safe things

☐

4



4. Take 1 slow breath

☐

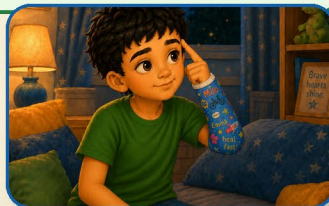
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5. Say my brave words

A person who helps me:

I will use this when:





Cast Care & Brave Words

I can heal, answer questions, and still belong.



My cast or care job:

☐

Keep it dry.

☐

Rest and follow the plan.

☐

Tell a grown-up if it hurts.

☐

Let helpers help.

Words I can say when friends ask:

"I fell, got help, and I am healing too."

Brave looks good on me because:

A kind thing I can say to myself:



I can tell the story short and true.



After the Bump Reflection

After a hard thing, I can remember what helped me.



1. A bumpy thing I got through was:



2. A Top 5 focus that helped was:



3. A brave word someone said to me:



4. I felt proud when:



5. My next brave ride or try is:



My brave reminder:



About the Author

Zinnia Grace Bloom

Zinnia Grace Bloom is a children's author, educator, and social-emotional learning coach with over twenty years of experience supporting young people in schools and community programs. Her work focuses on helping children build resilience, self-trust, kindness, and confidence.

With a background in counseling, social-emotional learning, and mindfulness, Zinnia brings a heart-centered approach to the stories she writes. Her books are inspired by the everyday courage children show as they face fears, discover their strengths, and learn to believe in themselves.

Through children's literature, Zinnia hopes to create stories that comfort, encourage, and remind young readers that even the quietest acts of bravery can make a difference.



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