

Jaden's Calm-Tastic School Fair Day

★ Activity Journal ★

CALM CARDS

Take what you need.
Share what you can.



POCKET HEARTS

Write a kind note.
Make someone smile.



FEELINGS BOOKMARKS

Name it.
Feel it.
Flip the page.



I can
notice. ★
I can calm.
I can be kind. ♥

Fun pages to help me notice feelings,
practice calm tools, and share kindness.



PAPER CHAIN KINDNESS

Link a kind act.
Make a big difference! ♥

BREATHING WAND STATION

Breathe in.
Breathe out.
Find your calm. ★

SCHOOL GARDEN

Grow kindness.
Grow together.

KINDNESS
GROWS HERE ♥

PAINT & COLOR

Express yourself.
Share your heart.

Zinnia Grace Bloom ♥

My Calm Cards

A calm card can help me
when feelings get big.



CALM CARDS

Take what
you need.
Share what
you can.



1

A calm card I want says: ♥

2

I can write a card for myself: ♥

3

When I can use this card: ★

I can choose words that help. ♥

Pocket Hearts of Kindness

♥ Kind words can help hearts feel cared for. ♥

1. A kind note I can
tuck inside a heart:



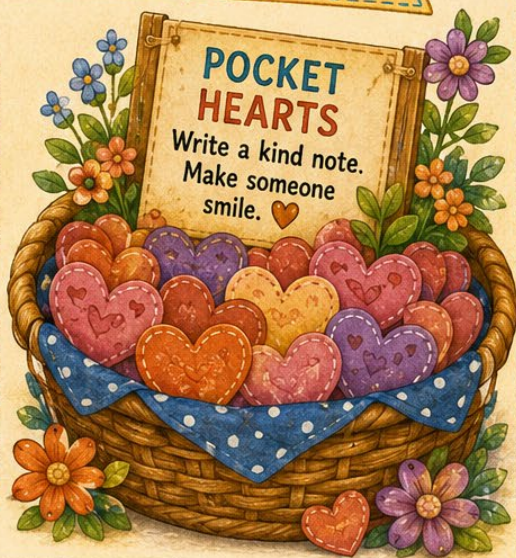
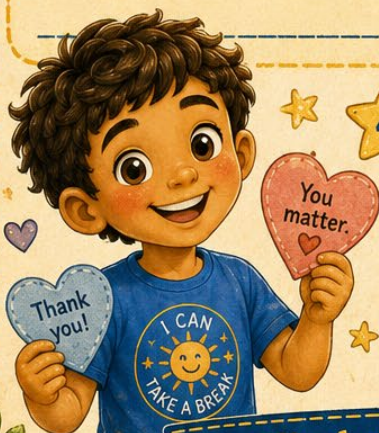
2. A kind word I can
say to myself:



3. A kind word I can
say to a friend:



4. Draw or color
a pocket heart:



♥ Kind words can brighten a day. ♥

Feelings Bookmark Check-In



★ Feelings are messages.
I can notice and name them. ★



- ♥ Mad means pause.
- ♥ Sad means slow.
- ★ Scared means ask for help.
- ★ Joy means share it.

Circle how I feel today:



HAPPY



CALM



SAD



WORRIED



PROUD

♥ When I feel mad, I can:

♥ When I feel sad, I can:

★ When I feel scared, I can:

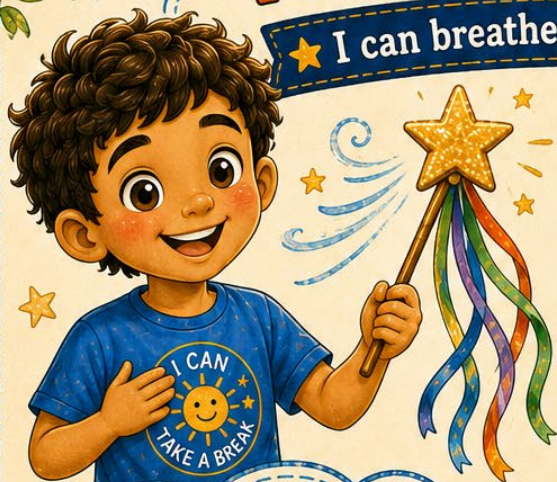
★ When I feel joy, I can:

CALM
TOOLS
FAIR

KINDNESS
GROWS HERE

My Breathing Wand Practice

★ I can breathe in. I can breathe out. ★



① My wand color is: ♥

Breathe in: ♥

Breathe out: ♥

④ After 3 slow breaths, my body feels: ★



⑤

Trace a star as you breathe.



★ In and out, calm can grow. ★



Paint & Color Walk

Pick one color. Look around.
See how many you can find.

PAINT & COLOR

- ★ Express yourself.
- ★ Share your heart.



SCHOOL GARDEN

★ Today my color is:



I found this color on:

★ Draw what you noticed:



♥ Color can help me slow down and notice. ♥

School Garden of Kindness

♡ Grow up strong in sun and air. ♡

SCHOOL
GARDEN

★ What helps me grow calm:

♡ A kind thing I can plant today:

Draw your kindness garden:

Breathe in.
Breathe out.
Grow together.

★ Kindness can grow. ♡



KINDNESS
GROWS
HERE



8

Paper Chain Kindness

Every strip and every part
can add one helper for the heart.

**PAPER CHAIN
KINDNESS**
Link a kind act.
Make a big difference!

Write one kind act on each chain link.

Who can I encourage today?

Kind words help heal.

After the Fair Reflection

CALM
TOOLS
FAIR

★ I learned that calm tools can help. ★



1

My favorite calm tool was:



2

It helped me when:



3

One kind thing I want to remember:



4

Draw or write about your favorite fair station:



I can notice.



I can breathe.



I can be kind.



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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