

# Listening Activity Journal



**Mary and the Echo Valley**

*Bonus Pages*

Practice listening, drawing, gentle truths,  
and brave friendship.



**by Zinnia Grace Bloom**

# Bonus Listening Pages

*Practice after the story.*



Use these pages to practice noticing feelings, making room for others, and remembering that every voice matters.

## **My promise:**

**I can pause.**

**I can listen.**

**I can speak gently.**

**My voice matters too.**

# My Listening Comfort Kit

*Draw or write three things that help you.*



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Ideas:** A kind friend A quiet place A song My own idea

# Heart Listening Practice 1

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



Place your hand on your heart. Ask yourself: What am I feeling right now?

## **Before I tried/listened, I felt:**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm    | <input type="checkbox"/> Okay     |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

## **After, my body/heart feels:**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm         | <input type="checkbox"/> Better       |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

## **My words or drawing:**

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# Heart Listening Practice 2

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



Say: I am here. My feelings matter. Today my heart feels:

**Before I tried/listened, I felt:**

Calm

Okay

Worried

Left out

**After, my body/heart feels:**

Calm

Better

Still unsure

Ready to try

**My words or drawing:**

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# Heart Listening Practice 3

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



Think about a time your voice felt small. One thing I wanted to say was:

**Before I tried/listened, I felt:**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm    | <input type="checkbox"/> Okay     |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

**After, my body/heart feels:**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm         | <input type="checkbox"/> Better       |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

**My words or drawing:**

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# Heart Listening Practice 4

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



Listening does not mean fixing everything. Today I can listen by:

**Before I tried/listened, I felt:**

Calm

Okay

Worried

Left out

**After, my body/heart feels:**

Calm

Better

Still unsure

Ready to try

**My words or drawing:**

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# Heart Listening Practice 5

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



Sometimes friendship gets quiet. One thing I might want to say is:

**Before I tried/listened, I felt:**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm    | <input type="checkbox"/> Okay     |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

**After, my body/heart feels:**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm         | <input type="checkbox"/> Better       |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

**My words or drawing:**

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# Heart Listening Practice 6

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



Big feelings do not have to be rushed. When a feeling gets big, I can:

**Before I tried/listened, I felt:**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Calm    | <input type="checkbox"/> Okay     |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Left out |

**After, my body/heart feels:**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Calm         | <input type="checkbox"/> Better       |
| <input type="checkbox"/> Still unsure | <input type="checkbox"/> Ready to try |

**My words or drawing:**

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# Heart Listening Practice 7

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



Every voice matters. My voice matters because:

**Before I tried/listened, I felt:**

Calm

Okay

Worried

Left out

**After, my body/heart feels:**

Calm

Better

Still unsure

Ready to try

**My words or drawing:**

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# Heart Listening Practice 8

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



Listening is a promise. My listening promise today is:

## **Before I tried/listened, I felt:**

Calm

Okay

Worried

Left out

## **After, my body/heart feels:**

Calm

Better

Still unsure

Ready to try

## **My words or drawing:**

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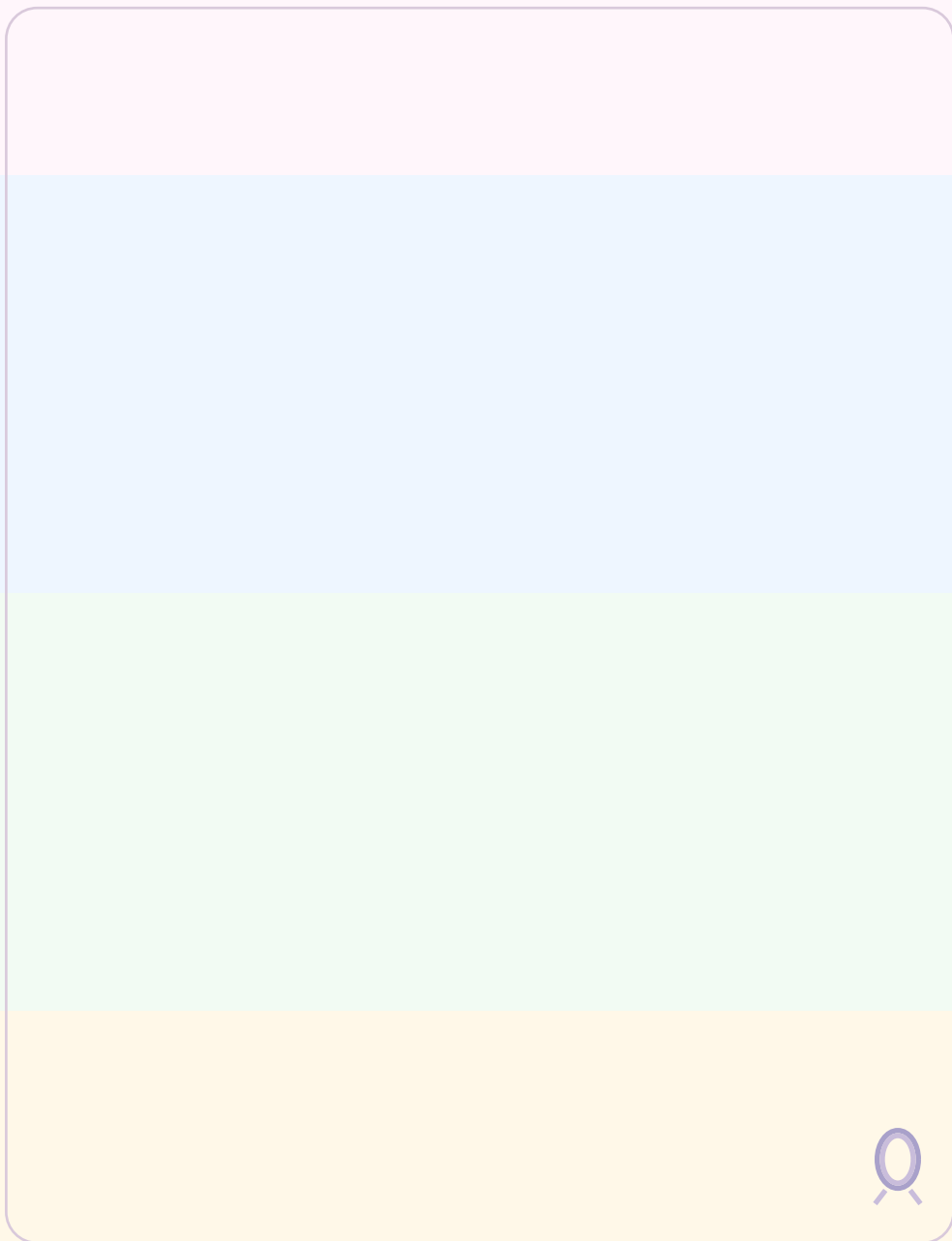
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# Draw the Echo 1

*Draw the rain making shapes on the window.*



# Draw the Echo 2

*Draw Mary listening with her hand on her heart.*



# Draw the Echo 3

*Draw the Mirror glowing under the stage.*



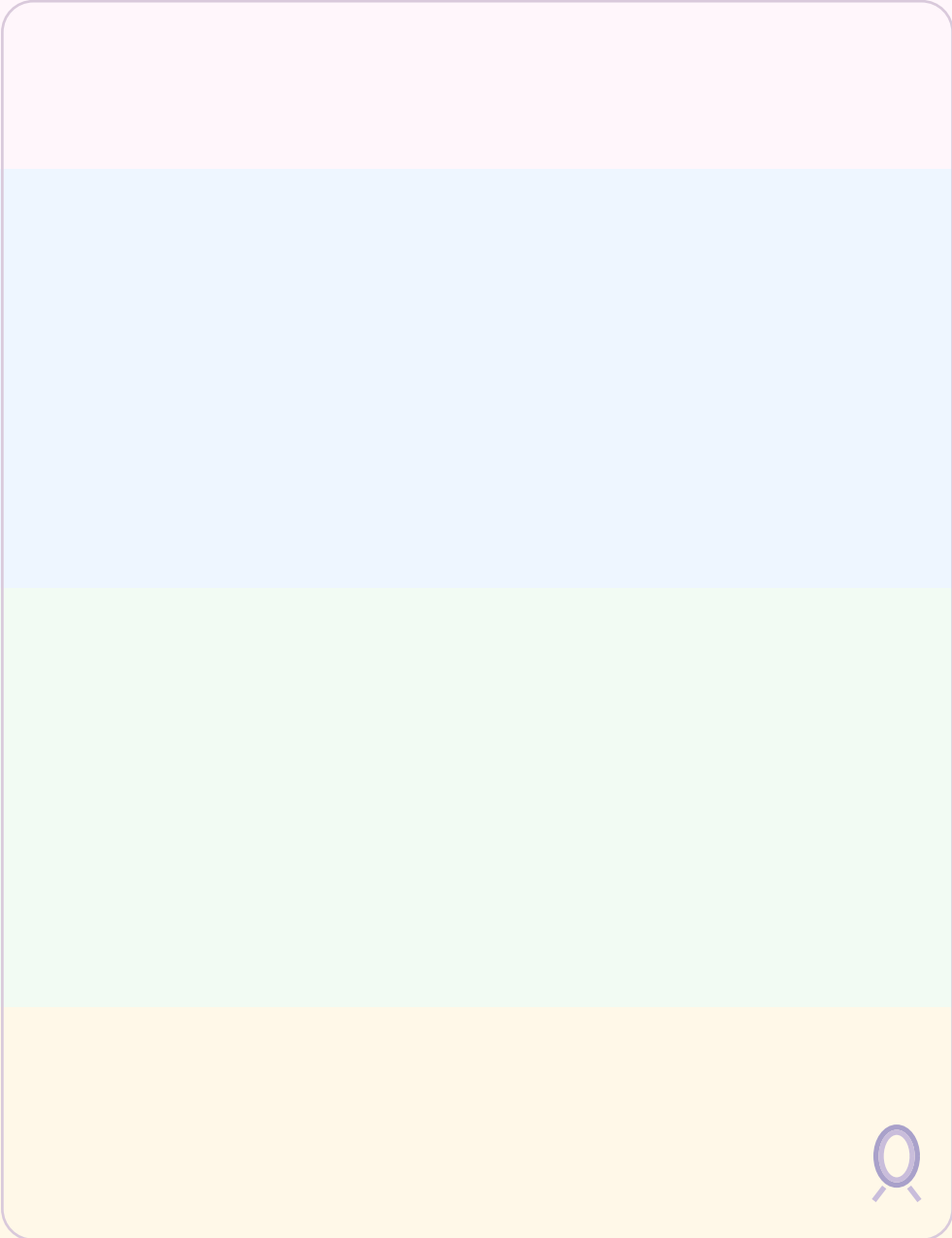
# Draw the Echo 4

*Draw the Valley of Echoes.*



# Draw the Echo 5

*Draw Rowan's quiet song.*



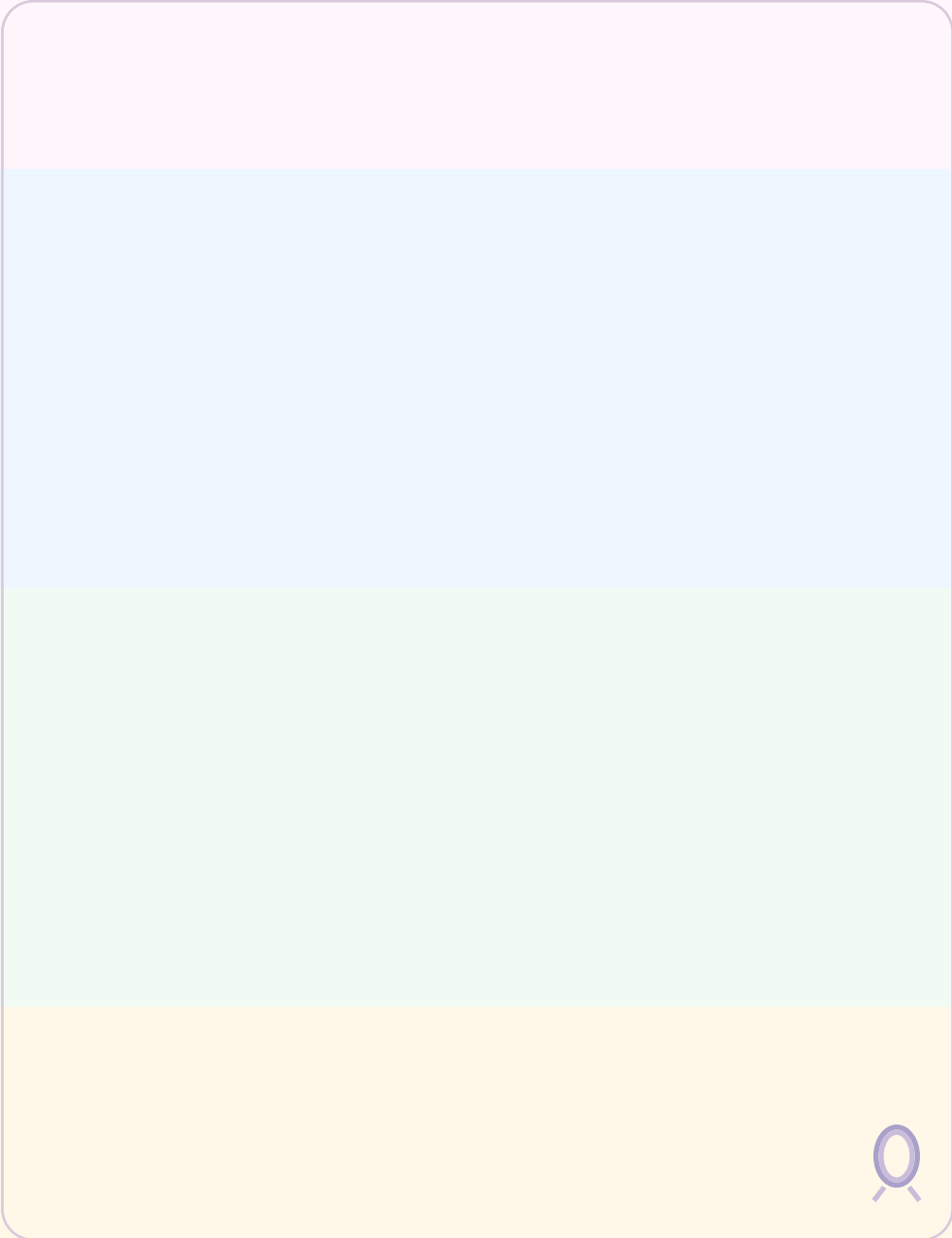
# Draw the Echo 6

*Draw a feeling as a color.*

A large, rounded rectangular area intended for drawing. The background of this area is a vertical rainbow gradient, transitioning from light blue at the top, through green, yellow, and orange, to light red at the bottom. The area is mostly empty, with a small icon in the bottom right corner.

# Draw the Echo 7

*Draw the Hall of Harmony.*



# Draw the Echo 8

*Draw a broken chord becoming healed.*



# Draw the Echo 9

*Draw a friendship being repaired.*



# Draw the Echo 10

*Draw your favorite part of the story.*



# My Echo Feelings Journal 1

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



---

**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

---

---

**One kind thing I can remember:**

---

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# My Echo Feelings Journal 2

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



**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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---

**One kind thing I can remember:**

---

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# My Echo Feelings Journal 3

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



**Today I felt:**

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**One feeling I noticed:**

---

---

**Something I wanted to say:**

---

---

**One kind thing I can remember:**

---

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# My Echo Feelings Journal 4

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



**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

---

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**One kind thing I can remember:**

---

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# My Echo Feelings Journal 5

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



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**Today I felt:**

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---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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**One kind thing I can remember:**

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# My Echo Feelings Journal 6

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



**Today I felt:**

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---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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---

**One kind thing I can remember:**

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# My Echo Feelings Journal 7

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



**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

---

---

**One kind thing I can remember:**

---

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# My Echo Feelings Journal 8

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



**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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---

**One kind thing I can remember:**

---

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# My Echo Feelings Journal 9

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



**Today I felt:**

---

---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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**One kind thing I can remember:**

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# My Echo Feelings Journal 10

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



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**Today I felt:**

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---

**One feeling I noticed:**

---

---

**Something I wanted to say:**

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**One kind thing I can remember:**

# My Gentle Truth Words

*Write or trace words that help your heart.*



**I felt left out.**

---

**I missed you.**

---

**I need help.**

---

**I want to try again.**

---

**My voice matters.**

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# My Friendship Repair Plan

*A grown-up can help me fill this in.*



When friendship feels quiet, I can:

- Ask what is true
- Say how I feel gently
- Listen without interrupting
- Apologize if needed
- Try again

**One gentle sentence I can use:**

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# My Listening Promise

*A grown-up can help me fill this in.*



I promise to listen with kindness by:

- Waiting my turn
- Not interrupting
- Noticing someone quiet
- Telling the truth gently
- Resting when I need to

**My own listening promise:**

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# My Voice Matters 1

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



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

## Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

## After, my body/heart feels:

Seen

Heard

Brave

Still learning

## My words or drawing:

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# My Voice Matters 2

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



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

## Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

## After, my body/heart feels:

Seen

Heard

Brave

Still learning

## My words or drawing:

---

---

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---

---

# My Voice Matters 3

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



Finish the sentence: My voice matters because... One way I can help someone feel heard is:

## Before I tried/listened, I felt:

Calm

Okay

Shy

Unsure

## After, my body/heart feels:

Seen

Heard

Brave

Still learning

## My words or drawing:

---

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# Read It Again

*Reflect on the story.*



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**My favorite page was:**

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**I liked it because:**

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**A skill I can try is:**

# One More Listening 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 am listening. I am growing. I belong.

## **Before I tried/listened, I felt:**

Calm

Okay

Worried

Left out

## **After, my body/heart feels:**

Calm

Better

Heard

Ready to rest

## **My words or drawing:**

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# Thank You for Reading



May every quiet voice be heard, every feeling  
find room, and every heart remember: My voice  
does not have to be loud to be true.