

ACTIVITY FOR CHILDREN

- 1 Start your own journal. You can write about whatever you want and feel there.
- 2 Use this sheet to keep track how many times you shared something with trusted people. At the end of each week, count and think if you feel you should do it more.

This week I talked with loved ones about my feelings _____ times.

Afterwards I felt:

- Better
- Worst
- The same

The person that helped me most was: _____

- 3 Talk with a loved one about your results and think together about ways to do it more often.

NOTES FOR PARENTS (AFTER ACTIVITY)

1. Get your children a journal and encourage them to write regularly.
2. You can even start your own journal to exemplify.
3. Talk regularly about your new habit of journaling.



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Talking About it Makes Us Stronger

The Paper Friend



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