

My imagine journal

Kindergarden-Grade 2



The Imagine Project, Inc.

Giving kids a voice for positive change

www.theimagineproject.org

Happiness

What makes me happy?

Write and draw 3 things that make you happy!



Sadness

Think about a time when you felt sad.

Write and draw what makes you sad.



Anger

Think about a time when you have been angry.

Write and draw what makes you angry.



What do you do to feel better when you feel sad or angry?

Write and draw something you do to make yourself feel better when you are sad and angry.

I write or draw about what I am feeling.

I tell my teacher, parents or friends about how I am feeling.

I exercise or do something I enjoy.



Courage

Think about a time you've had to be brave.

Write and draw about the picture of that time.

My first day of school.

When my mom and dad left me with a babysitter.

Climbing the monkey bars.



I was
brave when I
had to stand up to
my friends.

Kindness

What does it mean to be kind.

Think about someone who has been kind to you, or when you have been kind to someone else.

Write and draw a picture about that time.



Respect

What does it mean to be respectful to others?

Write and draw about a time when you were being respectful.

I helped my friends when they needed me.
I listened to someone else when they were speaking.
I gave my grandmother a hug when she needed one.



Imagine

What would you like to **imagine** in your life? If you could do or be anything, what would it be?

Write and draw something you would like to imagine in your life.

Imagine if I could...

Imagine if I could...

Imagine if I could...



Imagine if you could change something in the world?
Write and draw something you would like to change in the world.

I would help the homeless people.
I would protect the animals.
I would grow food for people who are hungry.



Gratitude

What is gratitude?

What are you grateful for?

Write or draw 3 things you are grateful for.



Write an Imagine Story

Parents and Teachers: Now it's time for your little ones to write an Imagine Story!

The 3 boxes on the next page have space for the student to write or draw their thoughts/feelings about Bryon's story, another storybook, and/or an experience in their own lives. After practicing with Bryon and/or other stories, the student can more easily write their own Imagine stories.

1. In the first box, students can tell about (or draw a picture of) the problem in a story or their own life. For example: "Byron's friends make fun of him." or "My friend moved away."
2. In the second box, they write about (or draw) how the story character felt, or how their own experiences made them feel. For example: "Byron was sad and discouraged." or "I was so sad." It's important for students to name the feeling they see or have experienced with an event so they know it is ok to talk about it.
3. Finally, in the third box, students write (or draw) about how they imagine feeling better (or what made them feel better if this was an event from the past). For example: "Byron sat quietly and wrote about his feelings and dreams." Or "I can write letters to my friend."

Students who feel like they have more to say can draw a horizontal line through the middle of the table to create 6 boxes.

(Thank you so Alissa Miller for the design and guidance of these boxes!)

Now let's get started!

Write an Imagine Story

Name _____ Story Title _____

Imagine...	Imagine...	Imagine...
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