

# Fairytale Journal - Think and learn



Name: *Gretel*

A journal allows you to think about a situation and learn from it.

Try and find everything you are feeling, like Gretel

## WHAT HAPPENED?

*It started as a little fight about who gets to sit by mum...and ended up with me sitting by a witch! Hansel and I just wouldn't stop fighting and it created a huge mess. I'm so thankful we escaped!*

## WHAT WERE YOU THINKING/FEELING?

*Our fighting started with our feelings...*

- *I felt HURT when Hansel was mean to me.*
- *I felt ANNOYED that I had to share stuff with him.*
- *I felt FRUSTRATED when he was better than me.*
- *I felt BORED, and picking on him was interesting.*
- *I felt UPSET about being poor, and I took it out on him.*



## WHAT DID YOU LEARN?

- *I started by listening to my feelings!*
  - *I talked TO my feelings - i told myself helpful things like 'everyone has to share' or 'I don't have to be the best'. This reassured me.*
  - *I talked ABOUT my feelings - I told Hansel when he upset me and I told my parents when I found things hard.*
- *We made relationship rules - no hair pulling!*
- *I started noticing when Hansel was nice. Then I was nice. It felt nice!*
- *I realised I was super annoying too. Not just Hansel!*
- *We made a gingerbread game for when we are bored, and ate enough!*

