



11 WAYS TO JOURNAL WITH FAIRYTALE CHARACTERS

Books that spark important
conversations with kids



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INTRODUCTION

Learning different journaling techniques helps students explore emotions, build self-awareness, and find the reflection style that works best for them.



This resource introduces students to a variety of journaling styles, using Fairytale Fraud story characters to demonstrate them. Reading the books is not required to benefit from the activities, however it is recommended.

You can use this tool as:

- A weekly writing or SEL rotation
- Part of a fairytale unit
- As journaling toolkit for literacy or SEL programs

Using favourite fairy-tale characters to do the journaling helps learning this skill become more fun and memorable.

SUMMARY

JOURNALING STYLES

	Journaling Style	Description	Fairytale Fraud Story
1	Traditional Reflection	"I felt / I learnt / I will"	Sibling Wars
2	Dig Deeper	Why? Why? Why?	Recipe for Disaster
3	Freewriting	Unfiltered thought stream	The Fame Game
4	Time Capsule	Writing to future self	Trip Trap Trouble
5	Visual	Using pictures	Ready for Rescue?
6	Growth Snapshot	Before and after	Elf-Care
7	Highs and Lows	Seeing highs and lows	Plan B
8	Self Talk Reframing	Reframe inner dialogue	The Wolf in Disguise
9	Emotion-Focused	Giving emotions voice	Breaking News
10	Advice Giving	Writing advice to someone	Dressed in the Best
11	Gratitude Journaling	Expressing thankfulness	Jack's Giant Problem



TRADITIONAL REFLECTION JOURNALING

Teacher Tips

Traditional Reflection Journaling uses a simple structure:
“I felt / I learnt / I will”.

It helps kids unpack emotional moments and plan their next steps.

It is perfect for naming feelings and helping kids respond with more thought in the future.

It's ideal after conflict and builds a habit of mindful self-awareness.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'SIBLING WARS'**

Suggested use:

- Use as a standalone SEL activity or after reading Sibling Wars.
- Pair with discussions about disagreements and making up.
- Extend by writing from Hansel's perspective or an apology letter by Gretel.
- Compare to journaling styles by other Fairytale Fraud characters.

Gretel's Journal

Who's Gretel?

Gretel and her brother Hansel didn't always get along. The only thing they seemed to agree on was gingerbread is delicious! When things got tough, they had to rely on each other — and that meant working as a team!

Want the full story?
Read *Sibling Wars* by
Fairytale Fraud.

Why Journal?

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

Gretel's Journal starts with what she felt, what she learnt, and what she will try next time.



Dear Me,

Hansel and I wouldn't stop fighting... and somehow ended up in a witch's house! It was super scary! I'm so relieved we got away!

I felt

I felt angry, jealous, and super annoyed. It felt like Hansel always got his way, and I didn't want to back down.

I learnt

I learnt that big feelings can cause big trouble! I needed Hansel's help, and it turns out he cared enough to help me. That felt great.

I will

I will try to talk about what I'm thinking instead of yelling. It's worth a try! After all, we don't want to end up stuck in a witch's house again!

Trying to be calmer,

Gretel

Journaling helps you find solutions faster!



My Turn!

Name: _____

Dear me,

Need an idea?

- Today I found out that...
- A problem happened when...

Draw what happened:

What happened?

Draw your feelings:

I felt

Draw your plan:

I learnt

I will

This journal helps you think through your feelings, learnings, and what you will do.

Next time try a different journaling style next time!



From me

DIG DEEPER JOURNALING

Teacher Tips

Dig Deeper Journaling simply asks the same question on repeat:

“Why?” “Why?” “Why?”

This simple approach helps kids dig beneath the surface of strong emotions to uncover hidden needs or beliefs.

Use this journaling approach when students react strongly, but aren't sure why.

Suggested use:

- Use as a standalone SEL activity or after reading *Recipe for Disaster*.
- Pair with class conversations about unspoken needs and hidden emotions.
- Extend with role-play where students “ask the next why” for why a character in a story might feel a particular way.
- Compare with the journaling approaches of other Fairytale Fraud characters.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'RECIPE FOR DISASTER'**

Red Hen's Journal

Who's Red Hen?

Red Hen believes it's her job to do everything on her own — so she does. But when it comes time to share, she's furious that others want a piece of the reward. What's really going on underneath?

Read Recipe for Disaster from Fairytale Fraud.

Why Journal?

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

Red Hen's Journal asks the question "why?" to help her uncover her feelings.



Dear Me,

What a disaster! I had this silly idea that I had to do everything all by myself. I had all my friends there, but I never ever asked!

Why did I feel that way?

Well, I was afraid that asking for help would make them feel put upon. Like, they would feel they had to say 'yes'.

Why did I feel that way?

Well, because I was really busy and I thought: 'Everyone's already busy—they won't appreciate being asked.'

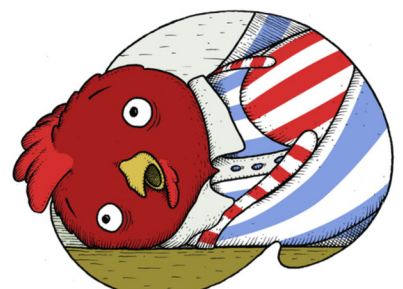
Why did I feel that way?

Because deep down I believed they'd only want to be my friend if I never showed need—otherwise I'd be annoying. I guess I didn't realise they love me enough to really want to help.

I'm glad that belief was wrong—now I can ask for help (especially with more gingerbread to bake)!

Red Hen

Journaling helps you find solutions faster!



My Turn!

Name: _____

What happened?

Need an idea?

- What did you do?
- What did you believe?

Why did I feel that way?

Why did I feel that way?

Why did I feel that way?

Why did I feel that way?

Why did I feel that way?

Why did I feel that way?

Now I think

This journal helps you work out hidden feelings and beliefs by asking "Why?"

Next time try a different journaling style next time!



FREE WRITING JOURNALING

Teacher Tips

Free Writing or Stream-of-Consciousness Journaling gives kids space to write freely — without structure or rules.

This approach helps students tap into their underlying feelings or thinking.

They can use it to make sense of tricky situations, reflecting with honesty.

Use it when you want students to explore thoughts and grow self awareness.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'THE FAME GAME'**

Suggested use:

- Use as a standalone SEL activity or after reading The Fame Game.
- Pair with chats about the power of writing to help you sit with and uncover your thinking.
- Compare to the journaling styles of other Fairytale Fraud characters.

Prince Zac's Journal

Who's Gretel?

Prince Zac made a huge discovery — he found Sleeping Beauty! Hoping to become famous, he filmed her and posted it online. The fame came fast... but so did trouble. Not everyone liked being part of his show.

Want the full story?
Read *The Fame Game*
from *Fairytale Fraud*.

Why Journal?

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

In Prince Zac's journal, he writes whatever comes into his head.



Dear Me,

It's weird writing to myself. But I think I need to.

This whole Sleeping Beauty situation got way out of control.

I started without thinking. I saw her - this sleeping princess - and thought, 'this is going to make me famous'. So I filmed it.

It went viral! I was famous!

But people expected more. So I gave it to them. I put in hidden cameras and turned my life, and her life, into a show.

But she found the cameras. I felt so bad. I knew she felt so bad. It made me really wonder why I thought being famous mattered.

I knew I had to make it better. But how? I guess that's why I am writing. I'll start a list now.

Going to make it better.

Zac



Journaling
helps you find
solutions faster!

My Turn!

Name: _____

Dear Me,

I'm writing this because...

Write your own letter to yourself.

Don't worry about making it perfect — just write what's on your mind.

You might be feeling something big, or looking back on a moment that didn't go the way you hoped.



This journal helps you work out hidden feelings and beliefs by asking "Why?"

Next time try a different journaling style next time!

From me

TIME CAPSULE JOURNALING

Teacher Tips

Time Capsule Journaling invites students to write a note to their future selves.

It is the perfect reflective exercise to capture reflections, hopes, and reminders.

It is also a fun way to build perspective, gratitude, and long-term thinking.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'TRIP TRAP TROUBLE'**

Suggested use:

- Use as a standalone SEL activity or after reading Trip Trap Trouble.
- Pair with class chats on goals vs. contentment.
- Extend by sealing or "burying" the letters to revisit later.
- Let students decorate their capsule for added meaning.
- Compare to journaling styles by other Fairytale Fraud characters.

Big Billy Goat's Journal

Who's Big Billy Goat Gruff?

Big Billy Goat Gruff led his brothers to find the greenest grass... but the journey didn't go quite to plan. Sometimes the best things aren't what you expect.

Want the full story?
Read "Trip Trap Trouble" from
Fairytale Fraud.

Why Journal?

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

Big Billy Goat Gruff's Journal helps him think about what is important to tell his future self.



Dear Future Me,

I've just been on the strangest adventure. I was sure the best grass was somewhere else — and I just needed to have it!

I was obsessed. I got grumpy with my brothers as we went back and forth across the bridge looking for the best. I'd quite forgotten about the troll. And you know what, I'd also forgotten to enjoy what we already had. Ah... a hard lesson!

So, Future Me — I hope you remember:

- Be grateful for the grass you've got
- Don't miss good moments while chasing "better".
- And think about the trolls — others can get hurt by your hunt for the best.

If you're reading this and feel like life isn't perfect... maybe it is okay. Maybe it's already enough.

Chomping contentedly,

Big Billy Goat Gruff

Journaling
helps you find
solutions faster!



My Turn!

Name: _____

Dear future me,

Here's what I don't want you to forget...

Write your own letter to your future self.

Need an idea?

- A mistake I learned from is...
- Something simple that made me smile...
- A lesson that felt big, even if it looked small...



This journal helps you think about important messages to yourself

Next time try a different journaling style next time!

From past me

VISUAL JOURNALING

Teacher Tips

Visual Journaling helps students process thoughts and feelings using drawings, emojis, or simple symbols.

It offers a creative, low-pressure way to reflect — especially powerful for students who find writing difficult or prefer visual expression.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'READY FOR RESCUE'**

Suggested use:

- Use as a standalone SEL activity or after reading Ready for Rescue
- Invite students to express feelings, reactions, or lessons through images
- Encourage drawing faces, scenes, or symbolic shapes (e.g., a tangled rope for confusion)
- Compare to other Fairytale Fraud characters' reflections for different perspectives and coping strategies

Rapunzel's Journal

Who's Rapunzel?

Most of us know Rapunzel was stuck in a tower... but did you know she was also seriously lazy? Cleaning? Not her thing. It drove the witch mad — until she came up with a clever plan.

Want the full story? Read Ready for Rescue from Fairytale Fraud.

Why Journal?

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

Rapunzel's Journal does this through drawing.



The witch was tired of my mess



She left! It was so fun! I just relaxed.



But she came back. She was so shocked



Then a prince came. He got a fright and ran away.



That's when I decided - I'm going to sort this out.



I wasn't rescued, which was hard. But the witch was happy again.



And, thankfully, another knight came. I was ready. I'm free!



Journaling helps you find solutions faster!

My Turn!

Name:

Choose something that happened to you and draw your moment—either sketch what happened or show how you felt

If you wish, draw a frame or box for your picture.

Title your moments and draw pictures to match.



This journal helps you spot and understand your thoughts and feelings by drawing them

Try a different journaling style next time!

GROWTH JOURNALING

Teacher Tips

Growth Journaling helps compare change over time — what they used to think, feel, and do, and what has shifted.

It's perfect for noticing improvement, encouraging perseverance and learning from mistakes. Sometimes we are blind to the progress we have made.

Use growth journaling when you want to highlight the process of personal growth and skill-building.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'ELF CARE'**

Suggested use:

- Use as a standalone SEL activity or after reading ELF Care.
- Pair with class conversations about perseverance and progress.
- Extend by having students apply the same framework to themselves
- Compare to journaling styles by other Fairytale Fraud characters.

Peek's Journal

Who's Peek?

Peek and his fellow elves faced a huge challenge. They couldn't cope with failure. As you can imagine, that made it nearly impossible to get anything done! Bush had to learn that failure was part of growth.

Want the full story?
Read "ELF-Care" by
Fairytale Fraud.

Why Journal?

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

Peek's Journal helps him think about what he has learnt

Journaling helps you find solutions faster!

My Learning: Keeping my cool when things get hard



BEFORE

I thought:

I thought I should be able to do things right first time.

I felt:

I felt like if I didn't get things right, I was stupid or a failure.

I did:

I used to get very very cross. I found it really hard to stick at things.

AFTER

I think:

It's okay to make mistakes while I am learning. It doesn't mean I'm dumb

I feel:

I am proud of myself because I stick with it when it is tricky. I've now learnt new things.

What I do now:

I find my ways of getting through struggle. When it's too much, I go for a walk. It helps.

What I'll try next:

I'm going to try and learn the bagpipes! It might sound terrible at the start, but that's okay. As long as everyone has earplugs!

My Turn!

Name: _____

My Learning:

BEFORE

Pick a hard thing you've done and spot how you've grown.

I thought:

I felt:

I did:

AFTER

I think:

I feel:

What I do now:

What I'll try next!



This journal helps you notice how you are growing!

Try a different journaling style next time!

Remember, we're all still learning!

HIGHS AND LOWS JOURNALING

Teacher Tips

Highs and Lows Journaling simply involves identifying high points (something good, exciting, or proud) and low points (something hard, frustrating, or sad).

It is a simple, powerful reflection tool that helps kids (and adults) process their day, week, year or a particular season or event.

It builds emotional awareness, resilience, and empathy by showing that both good and bad moments can exist side by side.

Suggested use:

- Use as a standalone SEL activity or after reading Plan B.
- Pair with class conversations about perseverance and progress.
- Extend by having students apply the same framework to themselves
- Compare to journaling styles by other Fairytale Fraud characters.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'PLAN B'**

Puss's Journal

Who's Puss?

Puss was just a timid kitten—until trouble struck.

With his owner in danger, he had to think fast, act bold, and chase down a plan that just might work.

Want the full story?
Read "Plan B" by
Fairytale Fraud.

Why Journal?

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

Puss' Journal helps him see that good and bad things can happen at once.

Journaling helps you find solutions faster!

My ogre adventure!

HIGHS:



Standing up to the ogre.
I felt brave.



Catching the ogre.
I felt clever!

Sharing my boots.
I felt generous



LOWS:



My broken shoes.
I felt worried.



No boots!
I felt alone and sad

Finding an ogre.
I felt scared



What I learnt:

Even though there are lows, that's not the end of the story! I can keep trying and highs will come again!

My Turn!

Name: _____

My situation:

Pick a situation you've been in or a stretch of time e.g. today.

Think about things that felt really good (your highs) and things that felt hard (your lows).

Write or draw both.

High points:

Low points:



This journal helps you notice how you are growing!

Try a different journaling style next time!

What I learnt:

SELF TALK JOURNALING

Teacher Tips

Self-Talk Journaling uncovers the things we tell ourselves.

It helps kids recognize how their inner voice shapes their feelings and actions—our self-talk can create chaos or calm.

Self-Talk Journaling makes it easier to navigate tough moments with self-awareness.

By naming those thoughts, children learn to choose kinder, more helpful messages for themselves.

Suggested use:

- Use as a standalone SEL activity or after reading *The Wolf in Disguise*.
- Pair with class discussions on trust and who to trust.
- Extend by acting out “self-talk swap” scenarios (unhelpful vs helpful).
- Notice the illustrations have been created by a child illustrator. Talk about the illustration process.
- Compare to journaling styles by other Fairytale Fraud characters.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'THE WOLF IN DISGUISE'**

Pig 3's Journal

Who's Pig 3?

When the big bad wolf invited the three little pigs to dinner, Pig 3 was initially wary. But when the other pigs wanted to go with him, he joined them.

Want the full story?
Read *The Wolf in Disguise* by Fairytale Fraud.

Why Journal?

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

Pig 3's Journal highlights what his thinking was and whether it was helpful or not.



Dear Me,

Everyone wanted to head off to the wolf's house for dinner. They all believed that he was sorry and had changed his ways.

What I thought

I felt worried at first. But then I felt mean for saying no. Everyone else trusted him. Was I just untrusting? Can't I accept a sorry?

Did it help?

That thinking did not help me at all. I was right to be worried and those worries were my instincts. I don't need to agree with everyone else.

What could I tell myself next time?

Listen to your instincts, Pig 3! Just because everyone else is okay with it, it doesn't mean that you have to be. I am not a mean pig if I say 'no' to feel safe.

Trying to trust myself better

Pig 3

Journaling helps you find solutions faster!



My Turn!

Name: _____

Notice what
you are saying
to yourself.

Dear me,

A tricky moment:

What I thought:



Did it help?

☐ Yes

☐ No

What could I tell myself next time?

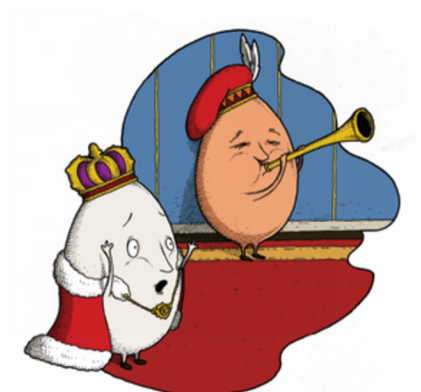
EMOTION FIRST JOURNALING

Teacher Tips

Emotion-First Reflection Journaling starts with a big feeling and works backwards — what caused it, what it led to, and what to try next time.

Use it when you want students to better understand tricky emotions like fear, frustration, or anger.

It's ideal for building emotional self-awareness in a simple, structured way.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'BREAKING NEWS'**

Suggested use:

- Use as a standalone SEL activity or after reading Breaking News!
- Pair with class chats about change, fear, or trying new things.
- Extend with class chats about how our emotions can shape your actions.
- Compare and contrast to other Fairytale Fraud journal styles.

King Dumpty's Journal

Who's King Dumpty?

King Dumpty liked things to stay the same — it felt safe. So nothing ever, EVER changed in Eggsville.

But when his son, Humpty Dumpty, fell off the wall and no-one could put him back together again, he had to face his fear of change.

Want the full story?
Read Breaking News from Fairytale Fraud.

Why Journal?

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

King Dumpty's Journal shows his feelings and how they guide his actions.



FEELING: SCARED
(and a little stubborn!)

What made me feel this way?

Humpty had fallen. No-one could put him back together again. Things were changing — and I couldn't stop it.

What did I do (or want to do) because of the feeling?

I had no choice! I ordered all my King's men to work day and night trying to put Humpty back together.

Was that helpful or unhelpful?

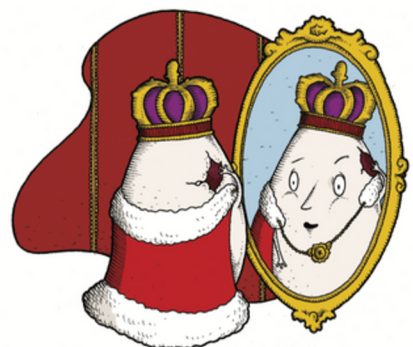
Unhelpful. Pretending didn't fix anything. Shells are very hard to repair!

What would I like to try next time I feel this way?

Pause. Ask myself, 'am I safe'. Ask for help. I will remind myself, change might be the beginning of something better!

Still a little wobbly,

King Dumpty



Journaling helps you find solutions faster!

My Turn!

Name: _____

Happy
Sad
Angry
Scared
Excited
Surprised
Calm
Frustrated
Proud
Embarrassed
Worried
Bored
Shy
Curious
Lonely
Joyful
Disappointed
Confused
Amazed
Silly
Anxious
Hopeful
Grateful
Jealous
Brave
Guilty
Mischievous
Peaceful
Restless
Determined
Confident



This journal helps
you think through
your guided your
actions.

Next time try a
different journaling
style!

FEELING: _____

What made me feel this way?

**What did I do (or want to do) because of
that feeling?**

**Was that helpful or unhelpful? (Why or why
not?)**

**What would I like to try next time i feel this
way?**

ADVICE JOURNALING

Teacher Tips

Advice Journaling encourages students to share what they've learned by writing advice to someone else — real or imagined.

Use it when you want students to reflect on personal growth.

Advice giving can helpfully shift focus from “what went wrong” to “what could help others.”



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'DRESSED IN THE BEST'**

Suggested use:

- Use as a standalone SEL activity or after reading *Dressed in the Best*.
- Pair with class discussions about respect, listening, and humility.
- Extend by writing a reply from Duke Wheaton, accepting or challenging the advice.

Compare this journaling style to other Fairytale Fraud characters' journals.

Emperor Boxham's Journal

Who's Emperor Boxham?

Gretel and her brother Hansel didn't always get along. The only thing they seemed to agree on was gingerbread is delicious! When things got tough, they had to rely on each other — and that meant working as a team!

Want the full story?
Read *Sibling Wars* by
Fairytale Fraud.

Why Journal?

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

Emperor Boxham's Journal unpacks his learning by focusing on sharing them with someone else.



Dear Duke Wheaton,

Well. That was embarrassing.

I marched down the street, danced, held meetings, and even gave a royal banquet — all in my underpants.

Everyone told me I was wearing only underwear! Why didn't I listen?

Well, I've learnt now. If you want to save yourself from embarrassment, remember:

- Sometimes we only see what we want to see.
- Other people see things we don't.
- Listening doesn't make us weak — it makes us wise.
- It's better to hear hard things early than learn them the hard way later!

I hope you are spared of that embarrassment!

Learn from me,.

Emperor Boxham (wearing pants now)

Journaling helps you find solutions faster!



My Turn!

Name:

Dear:

Write your own letter to someone real or imaginary sharing something you have learnt.

Need an idea:

- Let me give you some advice
- Something I learnt the hard way was...



I hope this helps!

From,

This journal helps you think through what you learnt that will help you and others in the future. .

Next time try a different journaling style next time!

GRATITUDE JOURNALING

Teacher Tips

Gratitude Journaling helps students focus on the good things in their lives—big or small.

It encourages reflection on what's going well, builds optimism, and fosters a habit of noticing the positives.

This kind of journaling can help shift perspective during tough times or simply build appreciation during everyday life.

It's perfect for developing emotional resilience, practicing mindfulness, and creating a sense of abundance.

Suggested use:

- Use as a standalone SEL activity or after reading Jack's Giant Problem.
- Pair with discussions about disagreements and making up.
- Read Trip Trap Trouble, a Fairytale Fraud story about being grateful
- Compare to journaling styles by other Fairytale Fraud characters.



**WORKS BEST WITH THE
FAIRYTALE FRAUD STORY
'JACK'S GIANT PROBLEM'**

Jack's Journal

Who's Jack?

When Jack grows a magic beanstalk, he gets a taste for treasure—stealing treasure again and again from giants and unsuspecting villagers—until his greed finally catches up with him.

Want the full story?
Read Jack's Giant Problem by Fairytale Fraud.

Why Journal?

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

Jack's Journal focusses on his blessings, helping him to realise how much he has to be thankful for.

Journaling helps you find solutions faster!



My Gratitude List!

By Jack

A mum who loves me
Our warm little cottage
Daisy, my darling cow
Fresh milk (back when we had it)
The big tree for climbing
The smell of the countryside
The weekend! And holidays!
Sunshine on chilly mornings
My old boots don't have a hole!
Warm porridge that fills my belly
Laughing with mum playing cards
Friendly people at the market
The smell of fresh grain
A starry sky to dream under
The friendly old woman in the wood
The wind in my face when I run
Quiet nights when the crickets sing
The smell of Mum's soup
And these 'magic' beans I just found!



My Turn!

Name:

MY GRATITUDE LIST!

Draw three things you
are thankful for!

[illegible]

This journal helps
you think about
the good things in
your life.

Next time try a
different journaling
style
next time!

