



Name: Red Hen



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

WHAT HAPPENED?

What a disaster! I tried to do everything all by myself and this time it didn't work out at all! Now the newspapers have printed a picture of me in my nightie! What a crazy lesson to learn!

WHAT WERE YOU THINKING/FEELING?

- I felt I **COULD** do it all myself
- I felt I **SHOULD** do it all myself
- I didn't feel I could bother other's with my needs.
- I felt I was less 'clever' if I asked for help. I wanted to be a 'hero'
- But my goodness, was I **TIRED!**

WHAT DID YOU LEARN?

- It's absolutely okay to ask for help
- Asking for help has made my business better! It was a good move.
- I actually don't need to be a 'hero' to be fantastic.
- People are willing to help if we ask - we just need to ask them!
- Gingerbread men run **REALLY** fast!

There's the timer! Better get my gingerbread out of the oven. Fingers crossed that this time it doesn't run away! Oh no, I don't have fingers!