

Fairytale Journal - Finding my feelings

Name: King Dumpty



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

In this journal, King Dumpty starts with finding his feelings.



I never ever thought I would say this, but I'm thinking of a change! The whole of Eggsville have been flitting and flapping past my window. It looks fun!

MY TOUGH FEELINGS ARE:



BUT I ALSO FEEL:

- I'm very scared.
- I feel a little unsafe.
- I'm worried I won't like it.
- I don't like feeling out of control.
- There is no way back - that feels scary.
- Hopeful that I'll like it
- Alive, because I'm trying something new.
- Excited about flying.
- Proud of myself for thinking about it.
- Curious! What is under my shell?

I'LL HELP MYSELF BY THINKING ABOUT THESE:

- I can make change better or worse by how I think about it. I'm going to tell myself I'll be okay.
- I'm not powerless. I can find things and eggs to help me feel better when it is tricky. Humpty would love too.
- I get new opportunities with change - like flying.