



Name: Zac

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



A SLEEPING BEAUTY TWIST ABOUT SOCIAL MEDIA.

WHAT HAPPENED?

When I found the palace and all those sleeping people, I saw my chance to be famous. I took that chance!

WHAT WERE YOU THINKING/FEELING?

I thought being famous would be incredible. Being famous felt so important that I didn't really think about anything else.

I knew they wouldn't know what a webcam was, so I just popped them up. I thought I was clever!

WHAT DID YOU LEARN?

I wasn't clever. Even before Briar got angry, I felt guilty. And stressed! I loved the 'likes', but I kept watching them go up and down and wondering how I could do better. And that didn't feel so great.



I need to keep an eye on how much I care about this phone stuff. When I started doing other stuff too, it felt so much better. I still use my phone, but I don't need to be 'famous' to feel great.