

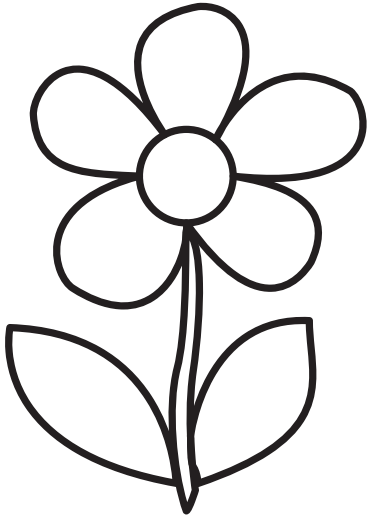
Bella's Kindness Garden

Name: _____ Date: _____

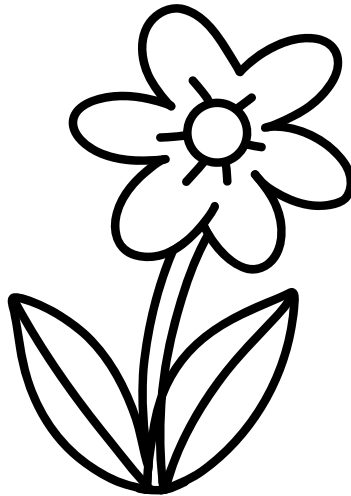
**Every kind thing
you do helps
your garden grow.**



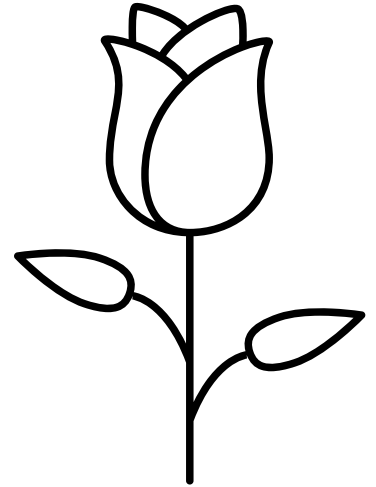
Kindness
makes the
world bloom!



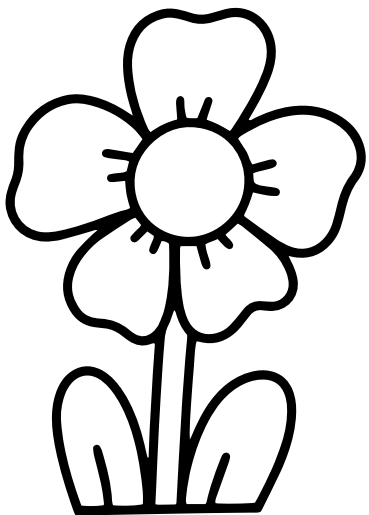
I helped someone by...



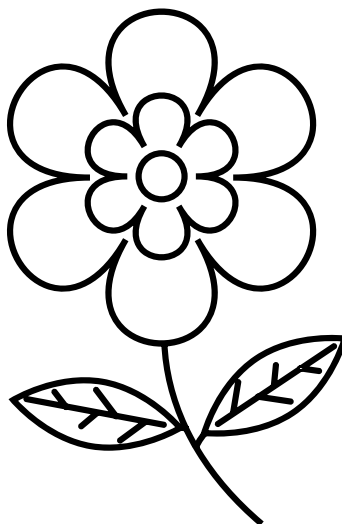
I made someone smile
when...



I said something kind to myself...

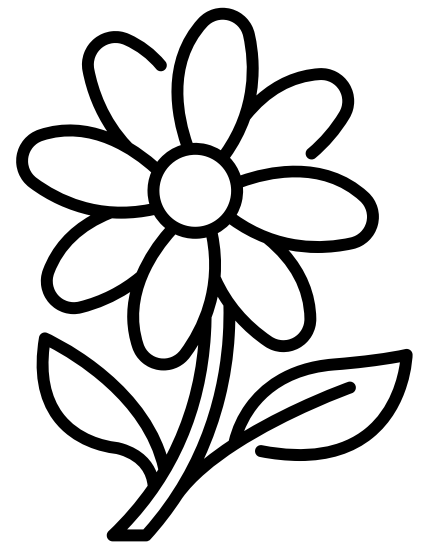


I said something kind to...



I shared something today!

Can you grow your whole garden this week?



I cleaned up without being
asked!



Bella's Brave Choices

What would YOU do? Help Bella make brave, kind decisions!

Name: _____ Date: _____

Bella goes through many big feelings on her journey.

*Read each moment and help Bella make a choice that feels **kind, brave, or true to who she is.***

You can circle an answer and/or write your own, too.

1. The bear tells Bella she's too small to play. She feels sad and left out.

What could Bella do next?

- ☐ Say, "That's okay. I'll grow in my own time."
- ☐ Try to be louder and tougher like the bear
- ☐ Hide and hope no one notices her

 If you were Bella, what would you do?

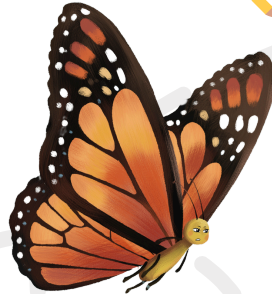
2. Bella watches the lizard zip by.

She wishes she could move like that.

What could Bella remember?

- ☐ Everyone grows in their own way
- ☐ I'll never be like that
- ☐ Lizards are better than butterflies

 What would YOU remind Bella of?



3. Inside her chrysalis, it's quiet. Bella isn't sure what's happening.

She starts to doubt herself.

What could help her keep believing?

- ☐ Remember: Growth takes time
- ☐ Give up—this is too hard
- ☐ Wait for someone else to change her

 What gives YOU hope when things are hard?

4. Bella sees her wings for the first time. They're beautiful—but new.

How might Bella feel?

- ☐ Nervous but proud
- ☐ Confused—this doesn't feel real
- ☐ Like she still isn't enough

 What would YOU say to her in this moment?

Name: _____ Date: _____

Bella's Wings Are Her Own

Let's celebrate YOU!

Bella used to wish she was like other animals.

But guess what?

Her wings were always inside her—just waiting to grow.



What makes you special?

What are YOUR wings?

Draw Your Wings!

Color your own butterfly wings. Fill them with pictures, colors, or stickers that show who you are. You are one of a kind—just like Bella!

