

My Transformation Timeline

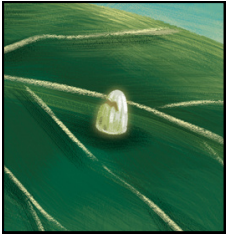
Inspired by Bella's Journey

Name: _____ Date: _____

Bella the butterfly went through many changes before she learned to fly.

Just like Bella, we all go through our own transformation journey.

Reflect on your growth by filling in the stages below:



1. EGG

A dream or goal I just started thinking about...



2. CATERPILLAR

Something I'm learning right now...



3. COCOON / CHRYSALIS

A challenge I'm growing through...



4. BUTTERFLY

Something I feel proud of or strong in today...

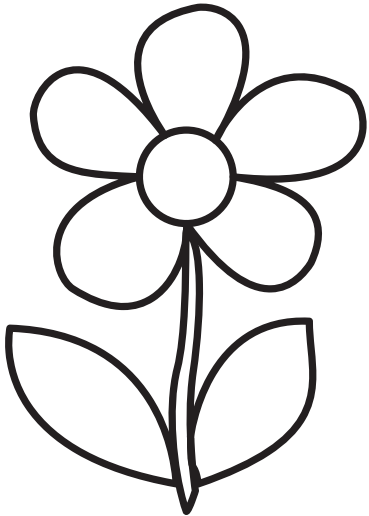
Bella's Kindness Garden

Name: _____ Date: _____

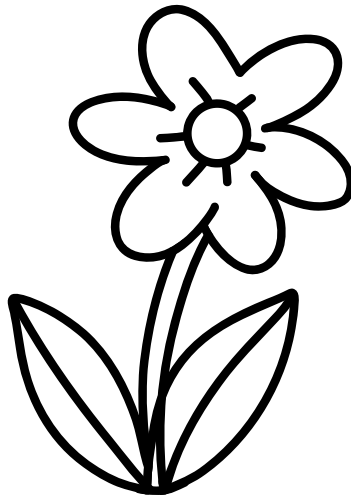
**Every kind thing
you do helps
your garden grow.**



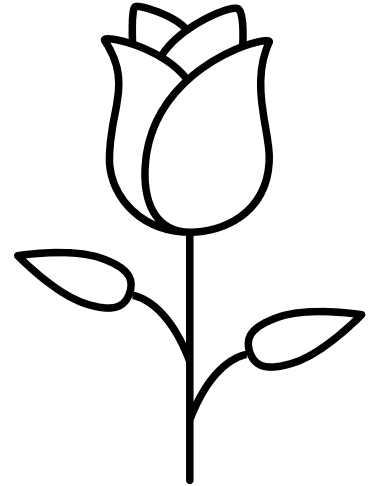
Kindness
makes the
world bloom!



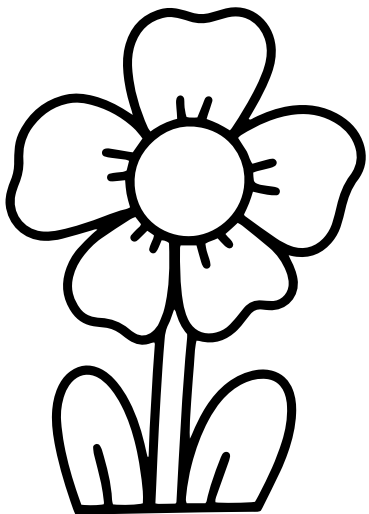
I helped someone by...



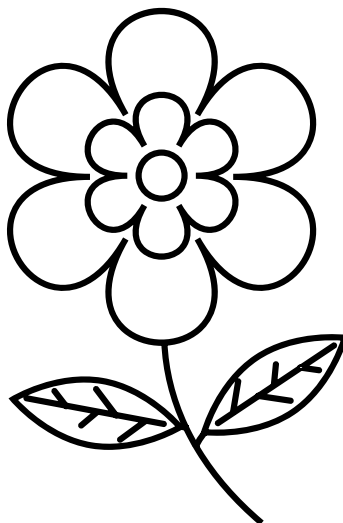
I made someone smile
when...



I said something kind to myself...

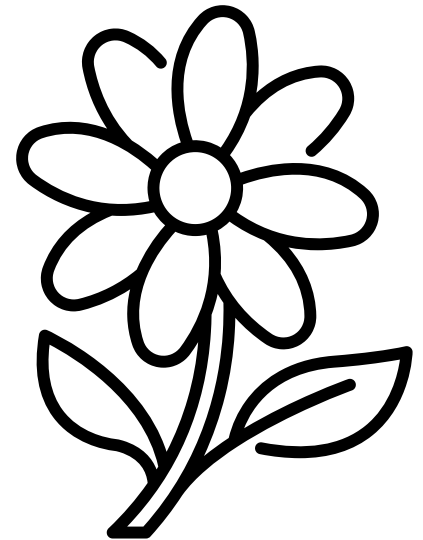


I said something kind to...



I shared something today!

Can you grow your whole garden this week?



I cleaned up without being
asked!



Name: _____ Date: _____



Bella's Feelings Journey

A story map of how Bella felt as she changed and grew

When Bella was inside her chrysalis...

What might Bella have felt while she was waiting and changing?

Bella felt: _____

I've waited for something before.

It felt like: _____

When Bella saw her wings and joined the other butterflies...

What do you think she felt in that moment?

Bella felt: _____

A time I felt proud or free was when:

When Bella saw the bear, the lizard, and the bees...

How do you think Bella felt seeing the other animals do things she couldn't?

Bella felt: _____

I felt like that when:



When the voice was gone and Bella felt tired...

Bella almost gave up. What emotion do you think she felt then?

Bella felt: _____

Something that helps me keep going when I'm sad is:

