

My Transformation Timeline

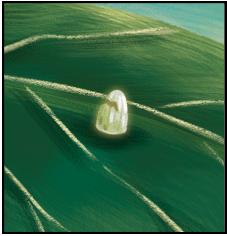
Inspired by Bella's Journey

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...

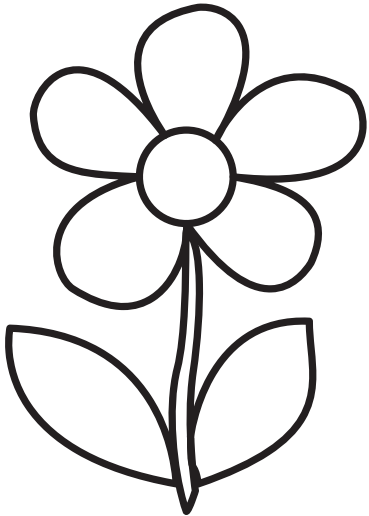
Bella's Kindness Garden

Name: _____ Date: _____

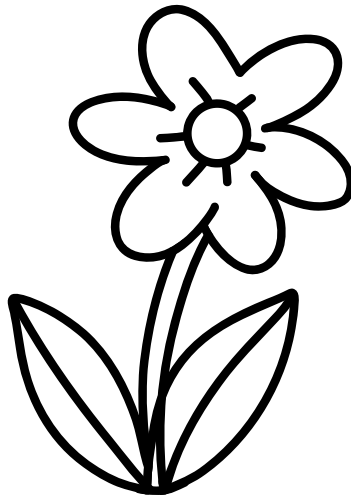
**Every kind thing
you do helps
your garden grow.**



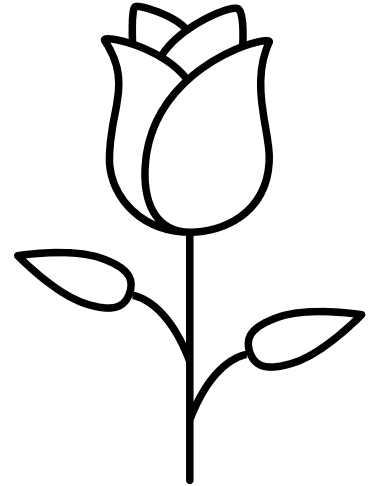
Kindness
makes the
world bloom!



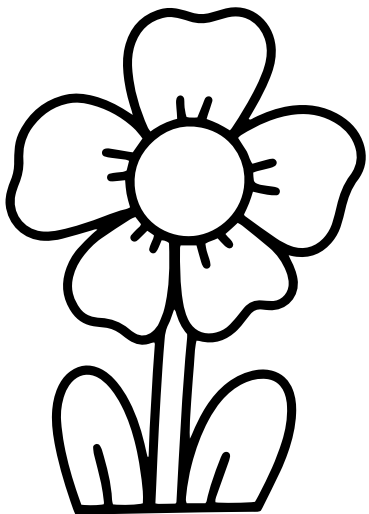
I helped someone by...



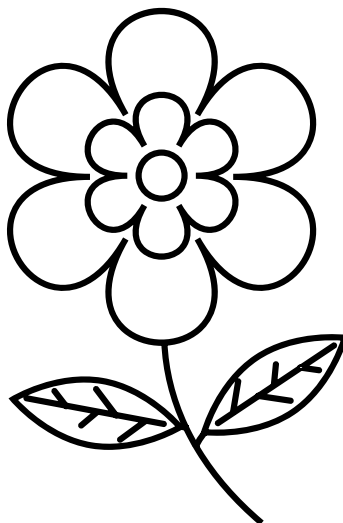
I made someone smile
when...



I said something kind to myself...

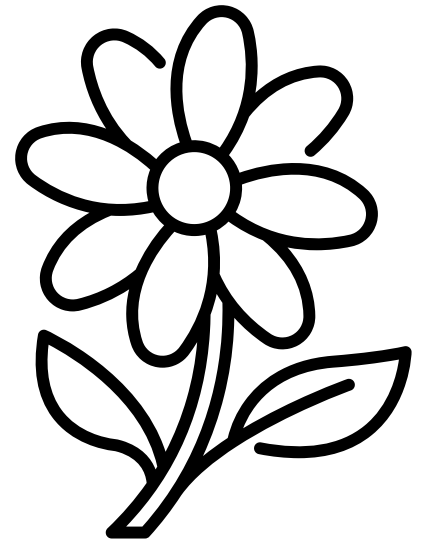


I said something kind to...



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:



Name: _____ Date: _____

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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?

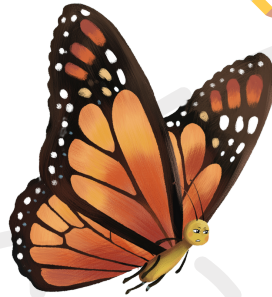
2. Bella watches the lizard zip by.

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?