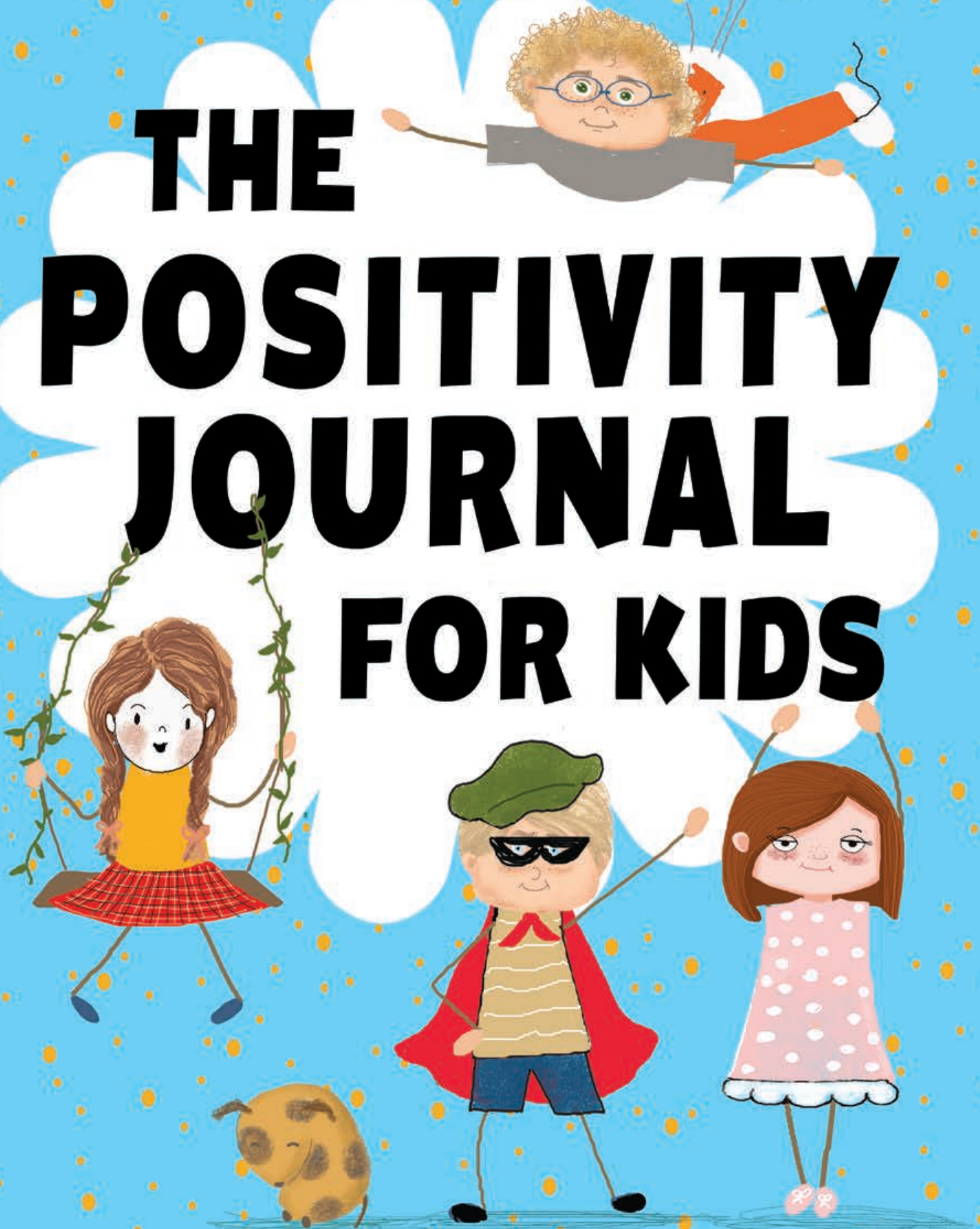


Bee Lievenu

# THE POSITIVITY JOURNAL FOR KIDS







**Hi!** I am Bee Lievenu (yes, this is my name) and I am very very happy to meet you, wonderful child! Your parents bought you this diary to celebrate the wonder that came into their life when you were born, to help you navigate this adventure called life, to fulfill your dreams and to flourish to your full potential!

I will be your guide through this journal. Are you curious to find out what surprises are hiding?









# I'd love to hear more about you!



My name is

-----  
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I am \_\_  
years old.

I am very happy when



-----  
-----

----- (passions)



I am very good at

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-----

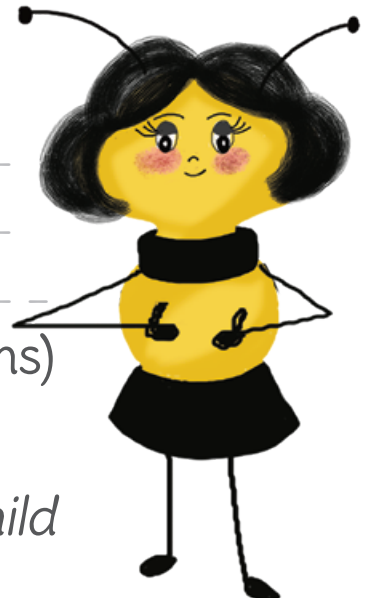
----- (strengths)

and I wish to



-----  
-----

----- (goals/wishes/dreams)



*You amaze me! You are a wonderful child  
and you will continue to flourish!*

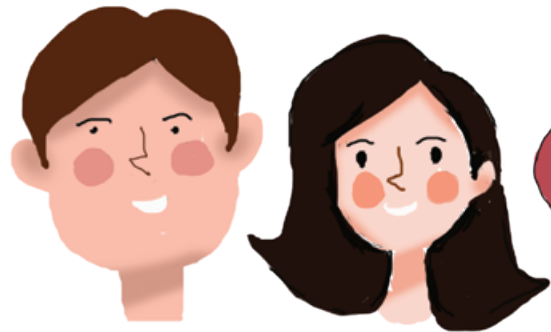


# More about yourself



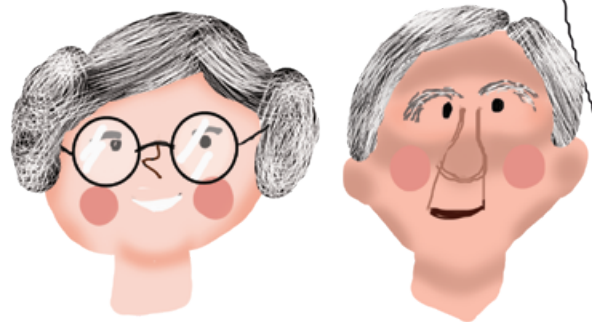
My mommy/daddy love about me

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My grandparents love about me

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My sisters/brothers/friends love about me



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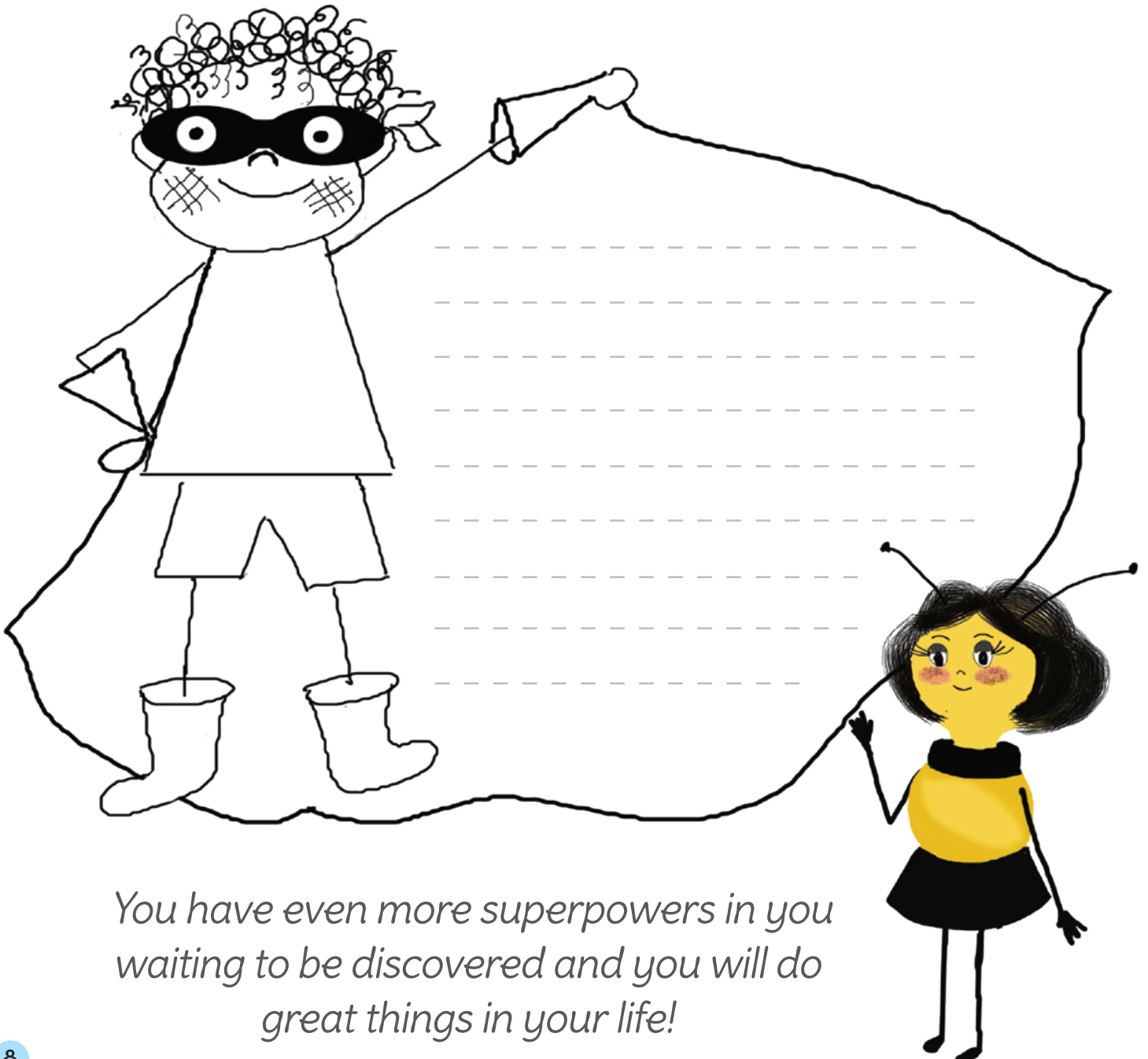
*You are loved immensely exactly as you are!*



# Superhero game



What if a cartoon station wanted to make a series of cartoons about you? What superpowers would you have and what would your suit look like?  
Add superpowers as you complete the diary.



*You have even more superpowers in you waiting to be discovered and you will do great things in your life!*



# Top experiences

Every day, week, or month comes with many happenings; some make you feel good and give you a positive state; and others, on the contrary.

What are two events that made you feel good this week?



1

2

happy	
loved	
proud	
content	

What are two events that made you feel bad this week?



1

2

sad	
angry	
scared	
disappointed	



# Emotions Journal



This week you felt:



Happy when



---

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Sad when



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Scared when



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# Emotions Journal



Angry when



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Disappointed when



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Loved when



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It is absolutely normal to feel all these emotions in a week; although negative emotions make you feel uncomfortable, they are also precious because they tell us what we need or want and we don't have yet!

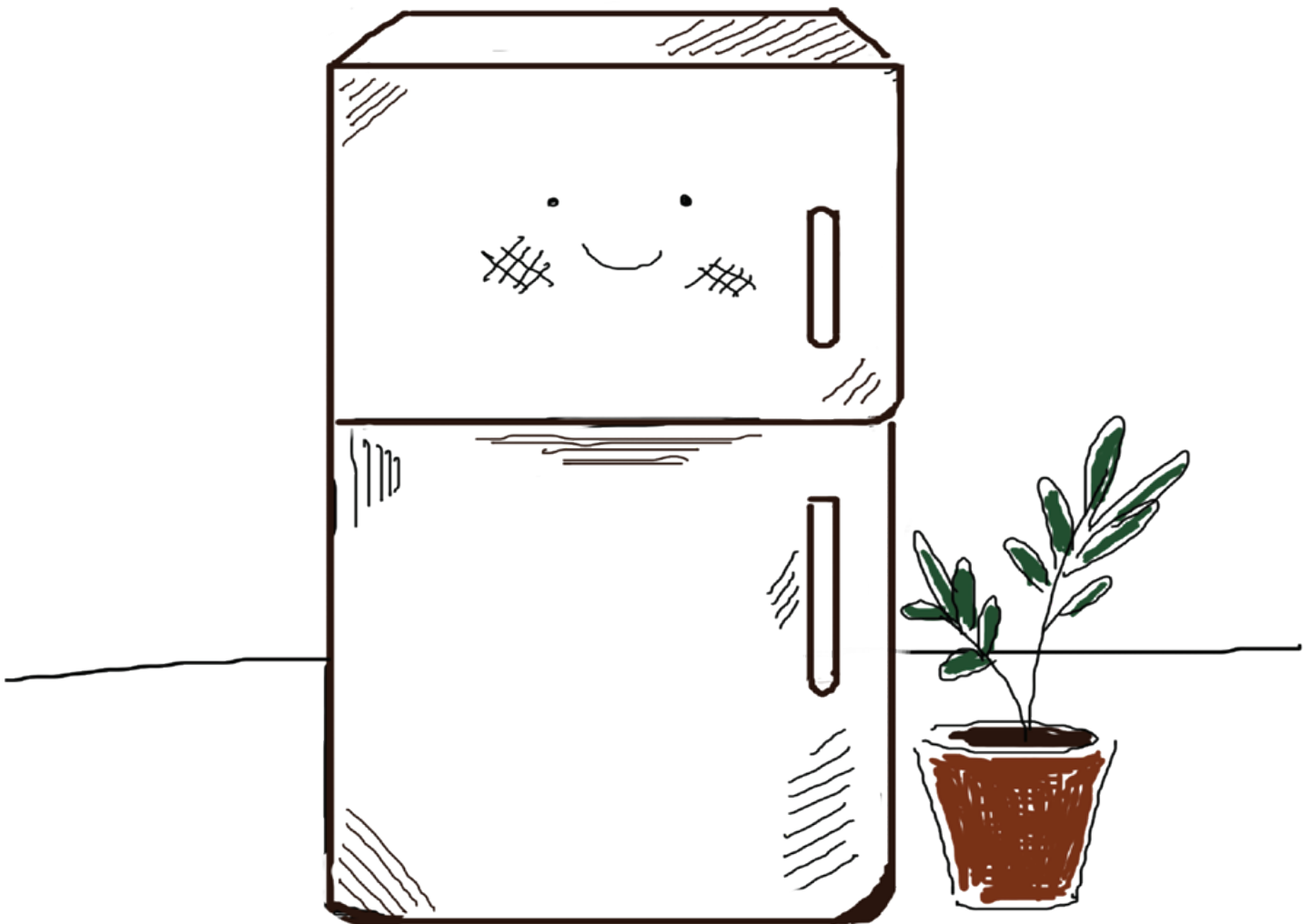




# Your proud moments collection

Do you like collecting magnets?  
Let's make a collection of reasons  
you are proud of yourself.

What magnets would your mommy or daddy add?

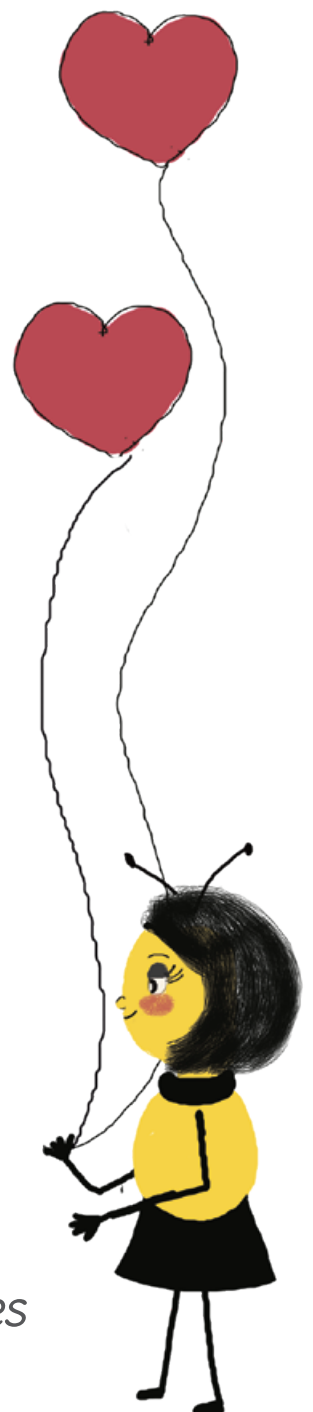


*Your parents are proud of you and believe in you!*





Draw the people closest to your heart,  
may they be family or friends, what you love  
about them and your love connection.



*You are loved and supported by your loved ones  
and a wonderful gift to this family!*



# You and your friends

Are you understanding and kind to your friends?

And do they act the same?

Do you see their good parts and tell them what you like about them? And do they do the same?

Do you consider each other's wishes?

And do they do the same?

Do you offer to help them when they need to?

And do they do the same?

Are you playing and laughing together?

Do you find a solution even when you have different opinions?



*You deserve to be treated  
as well as you treat others!*





Draw below your best friends  
and how you feel about them:





# When you quarrel



What was the last quarrel you had?



Most of the time quarrels arise because people have different wants and needs.



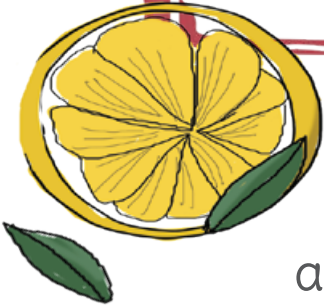
In the above situation what did you want?  
But what about what the other wanted?



The key to resolving misunderstandings  
is to find a solution that will please both of you!  
Here's a story that inspires you.



# Conflict resolution



From the living room, Mommy heard how her little girls were arguing. When she arrived in the kitchen, she saw that each of them wanted to use the last lemon in the fridge. To help them finish the quarrel, she asked each of them:

“What do you need the lemon for?”

One said, “I want to make a lemonade, Mommy!”

The other said, “I want to bake a lemon cake as a surprise for Daddy!”

“And you can’t find a good solution for both?”

Mommy asked.

Then the little girls were silent, and their eyes gradually lit up, a sign that they had found the answer.

“Yes! I can take the juice, and she can take the peels. That way we can both do what we want!”

Whenever you have a disagreement with someone, remember the story of the lemon.





# Asking for help and support

Everyone needs help from time to time.

Draw the loved ones you go to because you know that they welcome you with open arms, comfort you, encourage you, advise you and help you when you need it.



*The loved ones are with you when  
you need them!*





The world of insects gives us the example of ants who work very well as a team and thus manage to get food that they could not carry alone (for example, pieces of bread) and to make their winter stocks together.









# Free to follow your passions



I feel the happiest when I:



What I would do all day long is:



When I grow up I would like to be a:

Or a





# Free to follow your passions

And achieve:



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If I was to receive an award, it would be for:

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Or

Wouldn't it be great if:



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Draw your dream/goal:

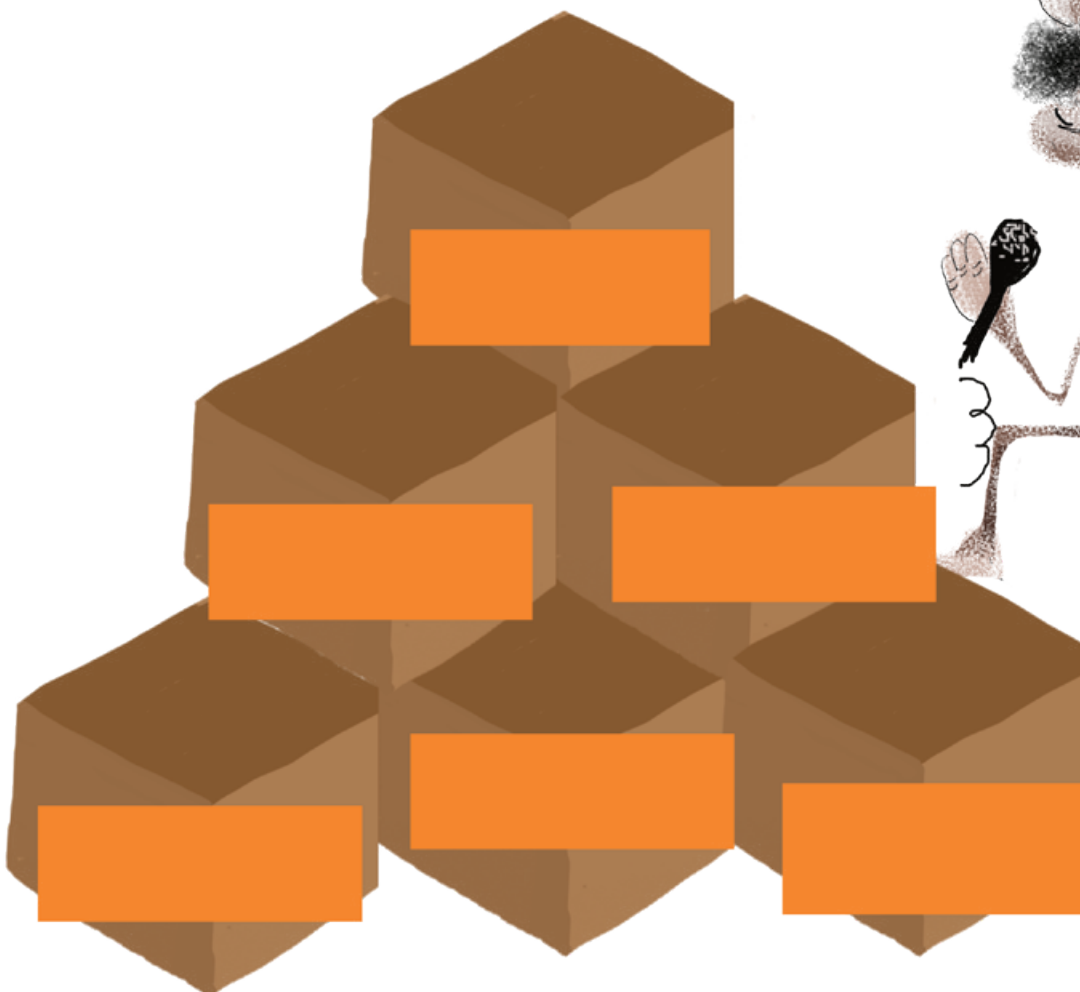




# Confidence building blocks



What are you feeling most proud of?  
Write them down in the boxes below.



Now pick one. Let's imagine you are giving an interview and the reporter is very curious to know how you have achieved that.

# Success starts with a desire



Did you know that although they measure only 4 inches, termites can build impressive underground mazes and 23-foot high structures?

No matter how small you are, you can have big dreams!

What is your wish?





To fulfill your desire, you need a plan!  
What steps do you think brings you closer to your desire?







# Every day/week

Did you know that the key to success is  
to practice every day / week?

Did you know that the monarch butterfly  
manages to travel 2500 miles from Canada to  
Mexico, flying 50 miles every day? As the flapping of  
wings takes you away, so will your steps, every day, take  
you closer to the realization of your desire.

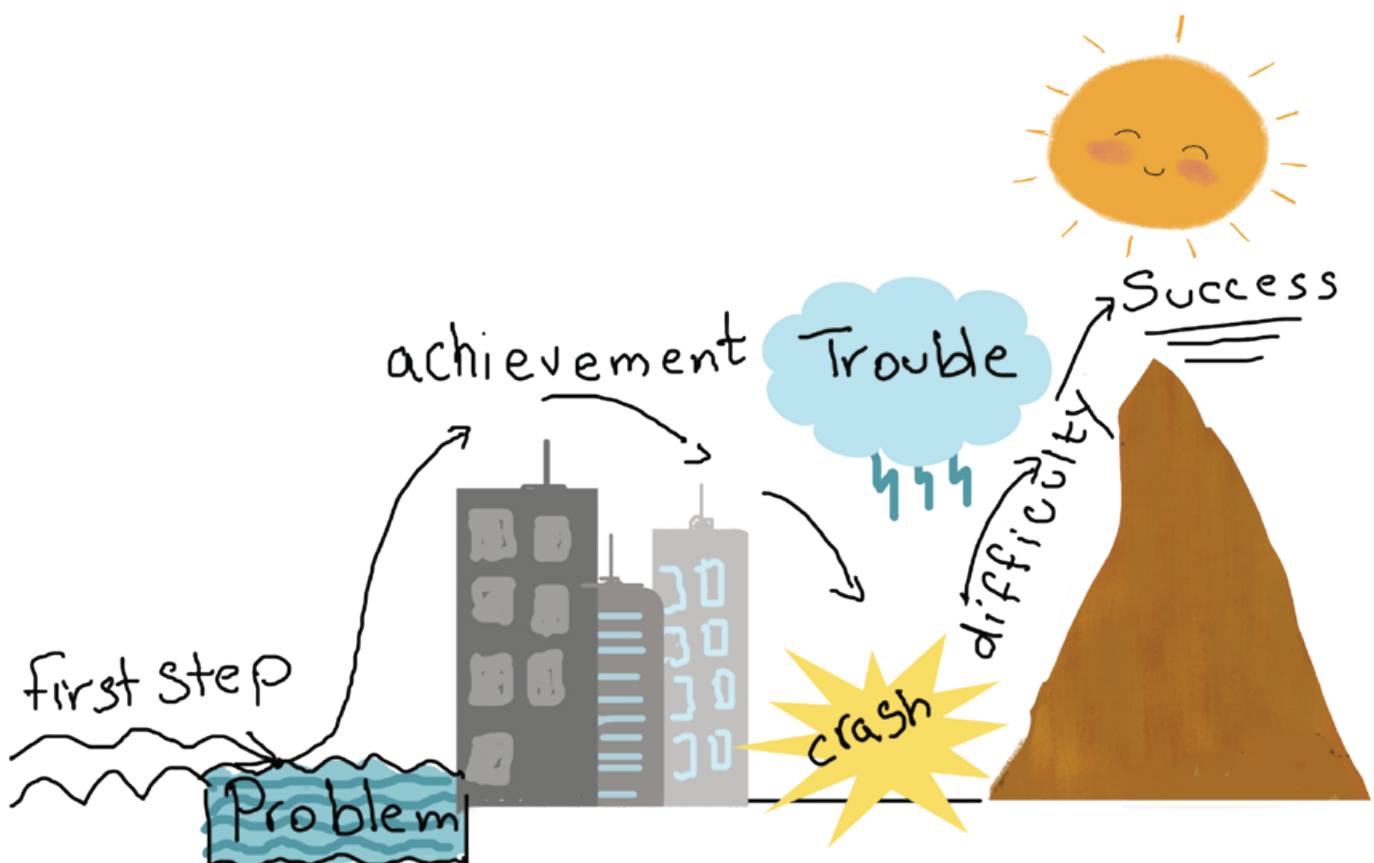


*Every day and week is an opportunity  
to make progress!*

# Continue with perseverance



On your way to achieving your desire you can overcome various obstacles.  
That's not a reason to give up.  
There is always a solution to get over them  
or a person to ask for help.



# Good thoughts when you are struggling



I can't



You're on the right track!  
By practicing you will succeed!

I'm not good enough  
/ it's too hard

With training you can  
become better and better!

I tried before  
and I failed /  
I want to give up

You can try another way!



I was wrong

You learned how not to do it;  
Do you have any other ideas  
that might work better?

I will not succeed

I very much wish to  
....., so  
I will do my best to overcome  
this obstacle and succeed.

# Empowering thoughts



... and other good thoughts

- There is always a solution. You just have to find it.

- If this didn't work, you can find other strategies to succeed.

- You may not succeed sometimes, but you are on the right track / you were brave enough to try.

- With constant effort you can learn / be better at whatever you want.

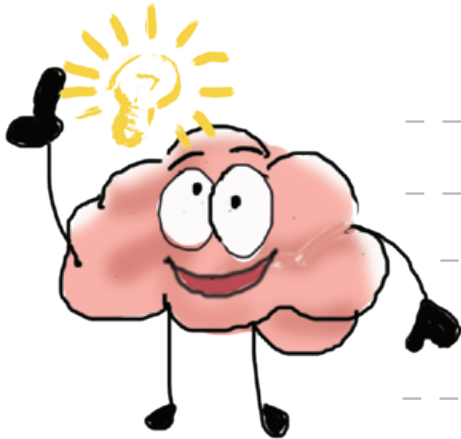
*Don't you feel energized and confident in yourself when you have these good thoughts and those who support you around?*



# Creative ideas to overcome obstacles



What inventive ideas can you find to overcome the difficulties you have now / that you could give?



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*You have so many great ideas!*

# Creative problem solving



To reduce the pressure of not making a mistake,  
laugh with your mommy/daddy about the worst ideas  
you could have to solve your problem.

The crazier, the funnier!

Problem: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Worst idea 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Worst idea 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Worst idea 3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Encouragement



How would you encourage a friend  
who is trying to win a race?

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How would you cheerlead for yourself?



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# Your daily journal





Date \_\_\_\_\_



Today I felt happy, proud, satisfied when \_\_\_\_\_

I felt angry, disappointed, sad, etc. because I wanted to \_\_\_\_\_



Tomorrow I will try another idea to get what I want,  
for example to \_\_\_\_\_



Today I did even better at \_\_\_\_\_

What I want more is to \_\_\_\_\_

For tomorrow I am very excited about / want to try \_\_\_\_\_



Tomorrow I will continue to practice \_\_\_\_\_



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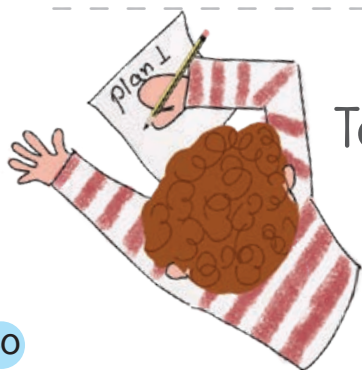
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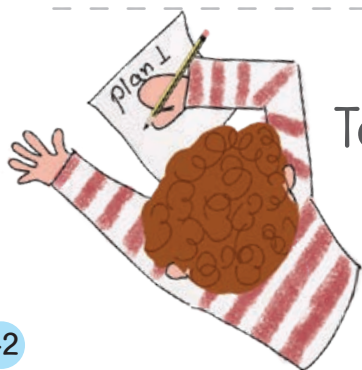


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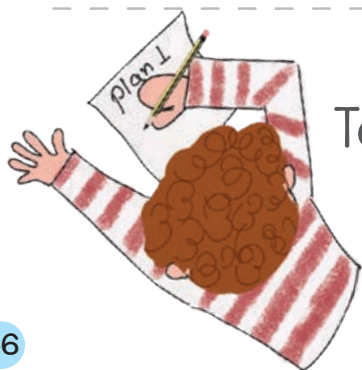
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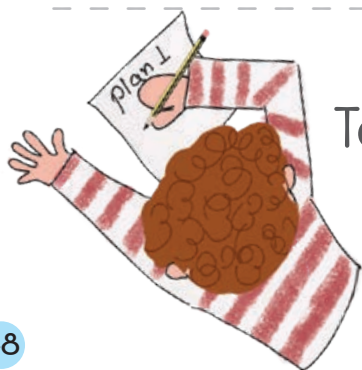
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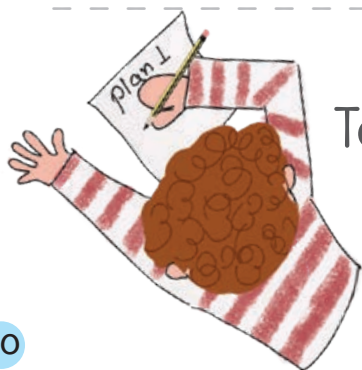
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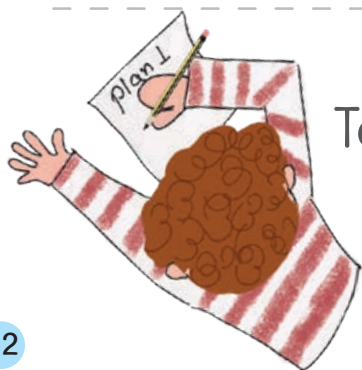
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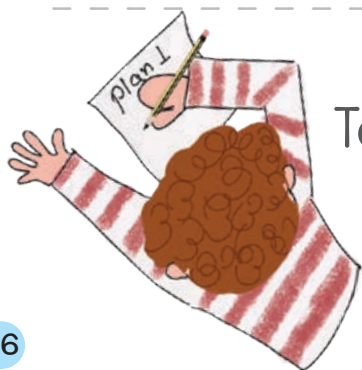
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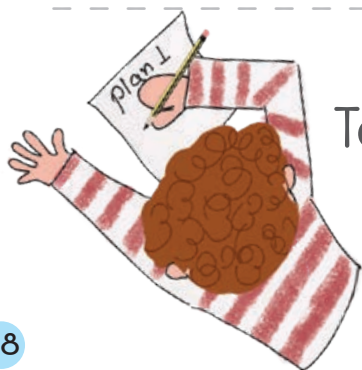
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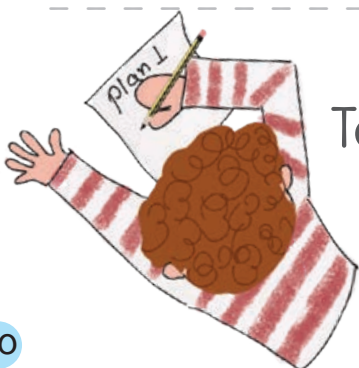
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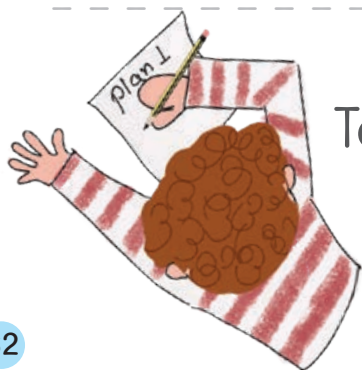
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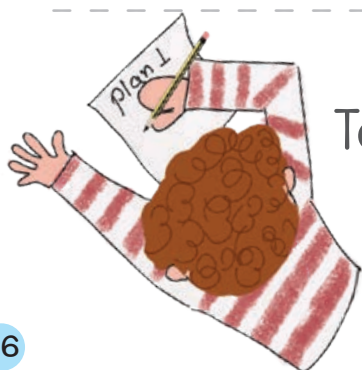
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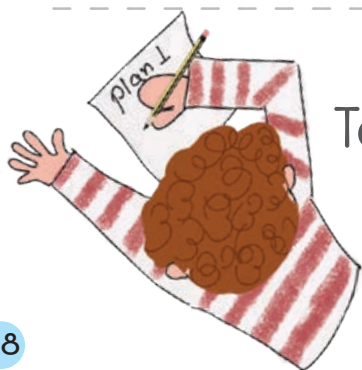
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Written by: Gina Ionela Miu under the pen name Bee Lievenu

Illustrations by: Shereen Said El-Serrafy

DTP by: Augustin Niculescu

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