

♥ Kindness 😊 Feelings 🌱 Growth Mindset 🤝 Friendship

Kindness
Confidence
Growth Mindset
Feelings

Kindness
Growth Mindset
Gratitude
Confidence

Peyton's Pages of Possibility: Kindness & Courage Activity Journal

Confidence Builders, Gratitude Journal Prompts,
A Complete Calm Down Tool Kit & More



Printable Activities for Ages 6-10

Jennifer Lee Quattrucci

Peyton's Pages of Possibility:
Kindness & Courage Activity Journal
Confidence Builders, Gratitude Journal Prompts,
A Complete Calm Down Corner Toolkit & More

Jennifer Lee Quattrucci

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Dedication

To Every Child Who Opens These Pages...

This workbook is dedicated to you.

May you always remember that your feelings matter, your voice matters, and your heart has the power to make a difference.

Inside these pages, you will discover that kindness is a strength, mistakes help you grow, friendships take care and practice, and every day is a chance to become the best version of yourself.

May you always believe in your own possibilities.

Keep being curious.

Keep being kind.

Keep trying.

Keep shining your light.

The world needs the unique gifts that only you can share.

With love and hope,

Jennifer Lee Quattrucci

Creator of Peyton's Pages of Possibility

Welcome from Peyton

Hello, Friend!

I'm so excited you're joining me on this kindness and courage adventure!

Every day is another chance to make someone's world a little brighter. Sometimes kindness means helping a friend.

Sometimes it means being brave enough to keep trying when something is difficult.

Inside this journal you'll find new ways to get to know yourself and how to be your very best self! There are many creative opportunities for you to imagine, draw and write, a fun kindness challenge, and lots of ideas to help you build your confidence, express gratitude and be a better friend!

This activity journal will help you discover the amazing person you're becoming.

Remember...

Small acts of kindness create BIG possibilities!

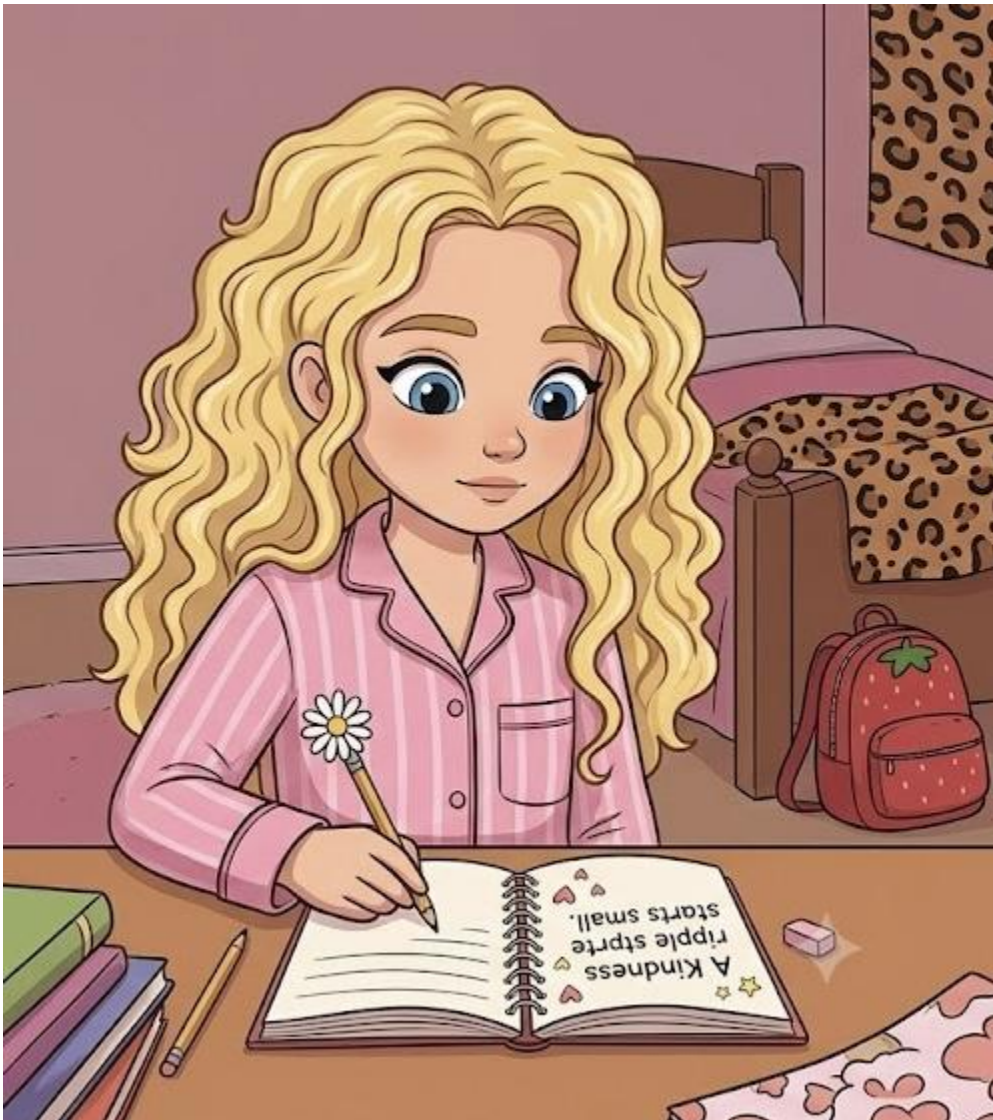
Love,

Peyton 

♥ 30 Day Kindness Challenge ♥

Directions: Complete one act of kindness each day. Color the heart when you've finished the challenge.

At the end of 30 days, celebrate how your kindness made a difference!



30 Days of Kindness Challenge

Page 1 of 5

Day 1

Smile at someone today.

Day 2

Say "Thank you" to someone.

Day 3

Hold the door open for someone.

Day 4

Write or draw a kind note for someone.

Day 5

Help clean up without being asked.

Day 6

Give someone a genuine compliment.

30 Days of Kindness Challenge

Page 2 of 5

Day 7

Share a toy, game, or book.

Day 8

Include someone who feels left out.

Day 9

Tell a family member why you love them.

Day 10

Read a story to someone.

Day 11

Help a younger child.

Day 12

Thank your teacher or another helper.

30 Days of Kindness Challenge

Page 3 of 5



30 Days of Kindness Challenge

Page 4 of 5

Day 19

Make someone laugh today.

Day 20

Help set the table or clean up after a meal.

Day 21

Be patient while waiting your turn.

Day 22

Call or video chat with a grandparent or relative.

Day 23

Tell someone what makes them special.

Day 24

Cheer someone on as they try something new.

30 Days of Kindness Challenge

Page 5 of 5

Day 25

Leave a surprise note of encouragement.

Day 26

Offer to help a neighbor or family member.

Day 27

Say kind words even when you're frustrated.

Day 28

Thank someone who works in your community.

Day 29

Do an extra chore without being asked.

Day 30

Create your own random act of kindness!

🌟 My Kindness Reflection

The kindest thing I did this month was:

Someone who made me smile was:

How did kindness make me feel?

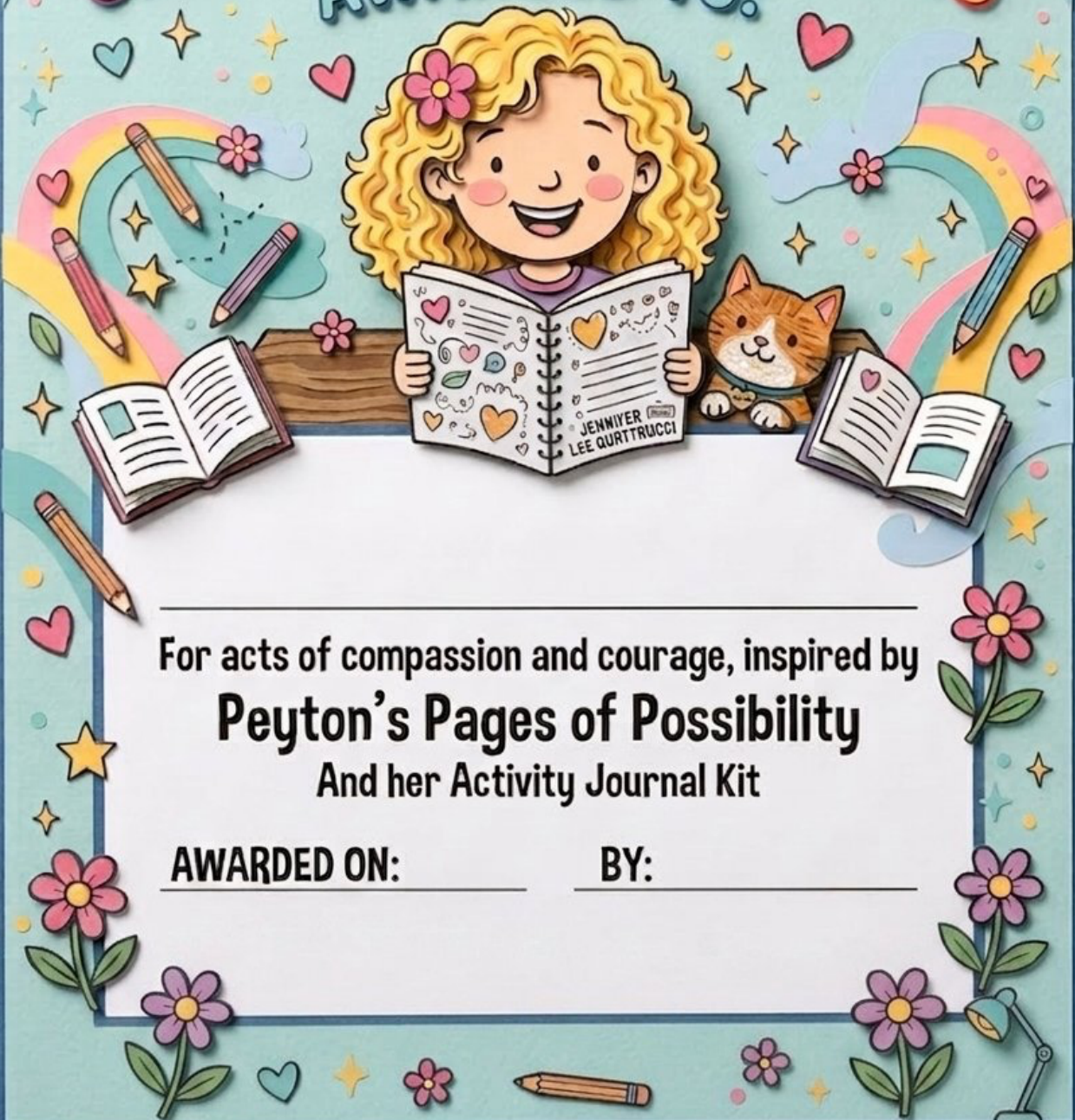
😊 Happy ❤️ Loved 🌈 Proud ★ Confident 🙌
Peaceful

Circle all that apply.

Print and sign your official award on the next page.

Remember: *Even the smallest act of kindness can make someone's day brighter!*

CERTIFICATE OF KINDNESS AWARDED TO:



For acts of compassion and courage, inspired by
Peyton's Pages of Possibility
And her Activity Journal Kit

AWARDED ON: _____

BY: _____

♥ KINDNESS

😊 FEELINGS

🌱 GROWTH MINDSET

🤝 CONFIDENCE

😊 GRATITUDE

💛 My Feelings Journal 💛

Learning about my feelings helps me understand myself and others

🌈 How Am I Feeling Today?

My name: _____

Date: _____

Today I feel (circle the feeling that matches you today):

😊 Happy

😞 Sad

😡 Angry

😟 Worried

😴 Tired

😌 Calm

😍 Excited

😕 Confused

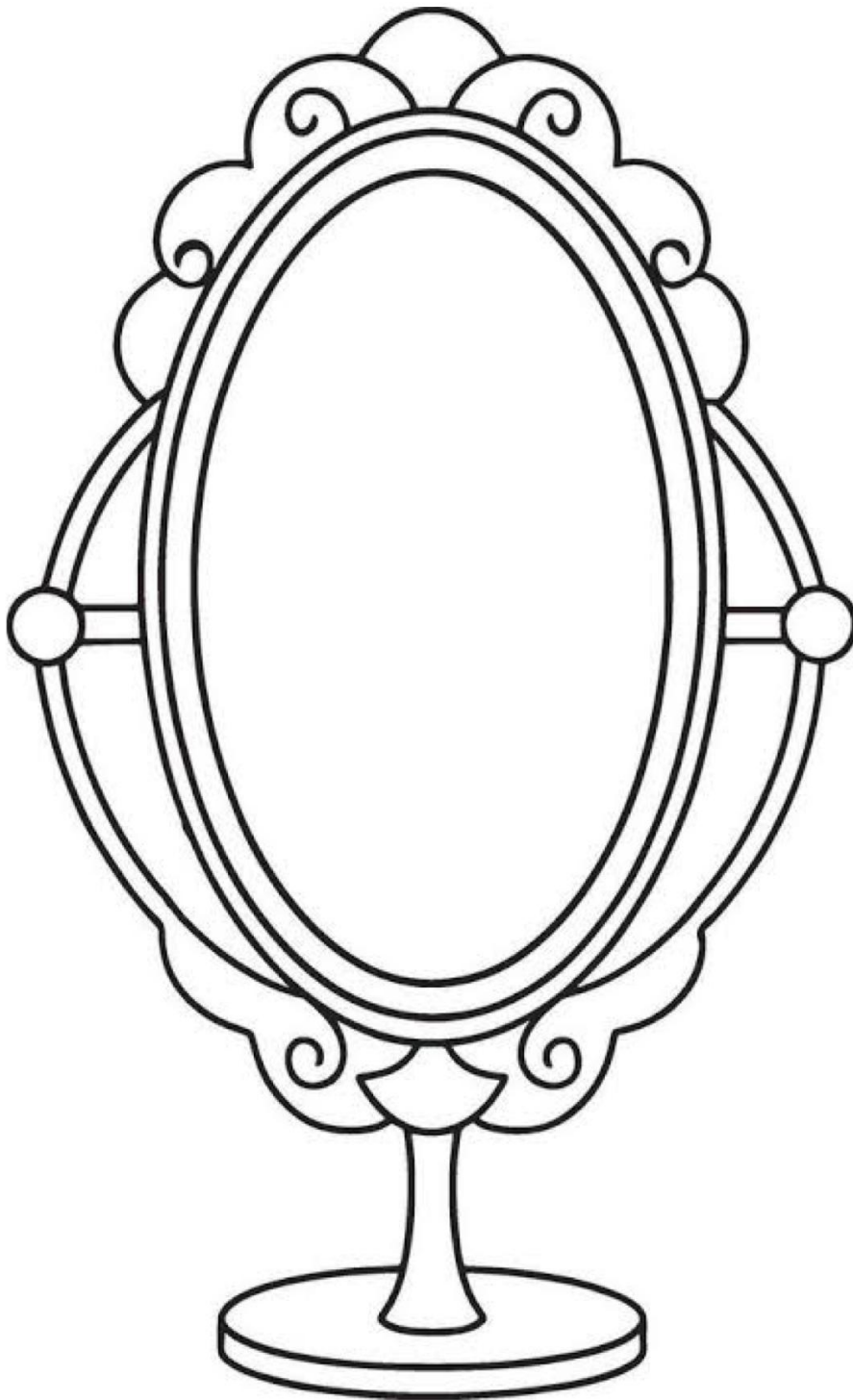
💚 Proud

💜 Other: _____

How My Feeling Looks



My feeling looks like this:



My Feelings Detective

Feelings give us clues! They help us make good choices.

Today my body felt:

- ☐ My heart was beating fast
- ☐ My face felt hot
- ☐ My muscles felt tight
- ☐ I wanted to smile
- ☐ I wanted to cry
- ☐ I needed a break
- ☐ I felt calm and relaxed

My body was telling me:

"My feeling might be _____."

A helpful choice I can make is:

- ☐ Take deep breaths
- ☐ Ask for help
- ☐ Talk to someone
- ☐ Take a quiet break
- ☐ Try again
- ☐ Use kind words



My Feelings Garden

Feelings are like seeds. When we care for them, we grow.



My happy feelings grow when I...



Something that makes me smile is...



People who help me feel safe are...



One thing I am thankful for today is...

🌈 My Feelings Garden 🌿

Design your own feelings garden below.

💡 How will you care for your feelings garden?



Gratitude Journal

Noticing the Little Things That Make My Heart Happy

What Is Gratitude?

Gratitude means noticing and appreciating the good things in our lives

Things I am thankful for can be:

 People

 Places

 Animals

 Experiences

 Things I enjoy

Print out the following page for each day you would like to document your gratitude.

Today I am grateful for:

1. _____
2. _____
3. _____

My heart feels:

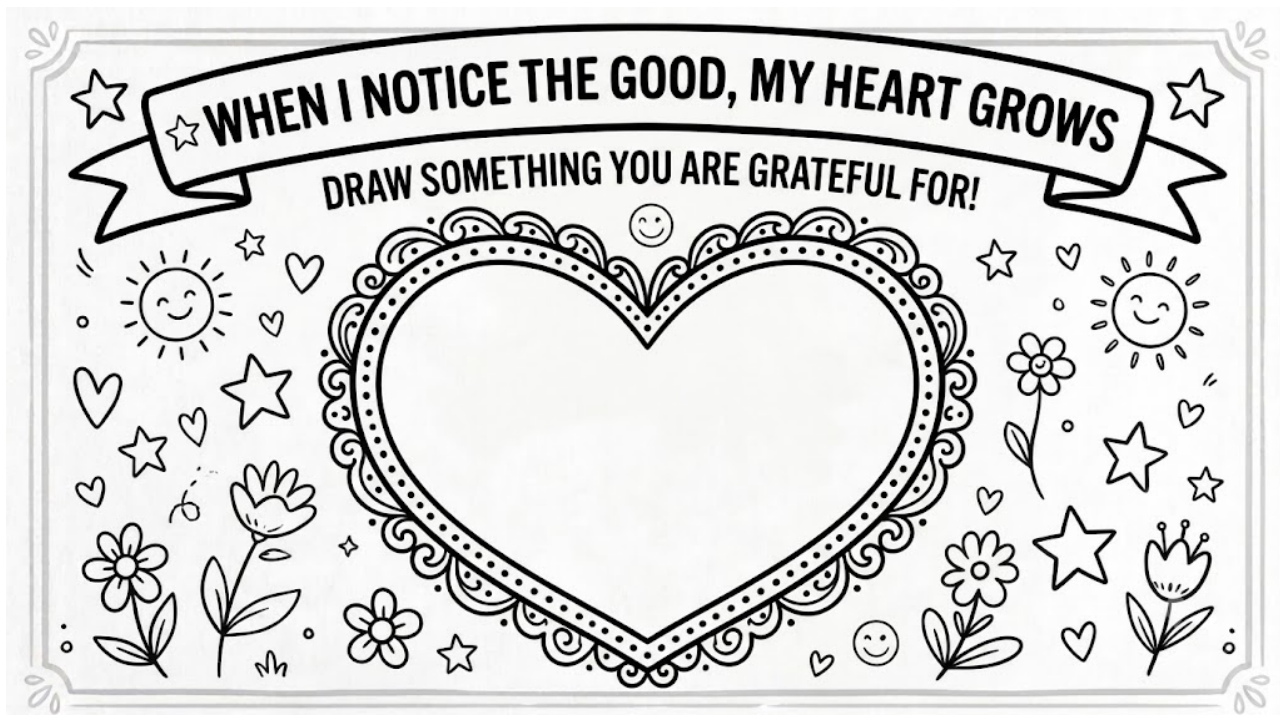
😊 Happy

😍 Loved

😌 Peaceful

😄 Excited

💛 Thankful



My Gratitude Jar 🫙 ✨



Today I want to add:

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

A small moment that made me smile:

★ Little moments can create big happiness!

People I Am Thankful For

Many people help me learn, grow, and feel loved.

Someone I am thankful for:

They make me feel:

☐ Happy

☐ Safe

☐ Loved

☐ Supported

☐ Encouraged

Something kind they have done for me:

Something kind I can do for them:

👤 My Special Person

Draw a picture of this special person.

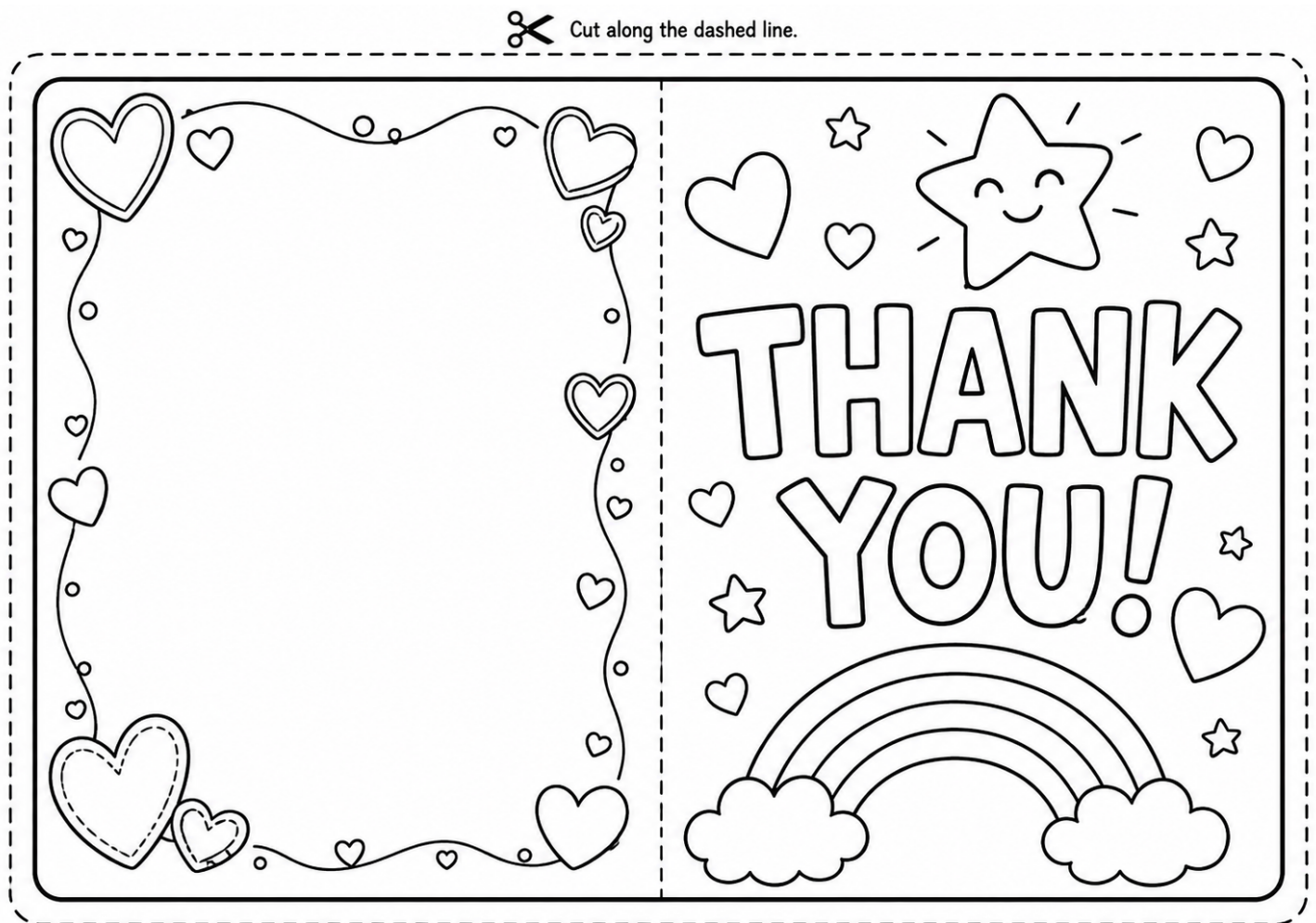


A Thank You From the Heart

A thank you note can brighten someone's day.

Print, color, and cut this card out for someone special.

Remember to write why you are grateful in the card!



My Gratitude Scavenger Hunt

Look around and find things that make you smile!

Find something:



Beautiful:



Funny:



That helps you learn:



That reminds you of someone special:



That makes you happy:

My Favorite Discovery 🔍

Draw your favorite discovery!

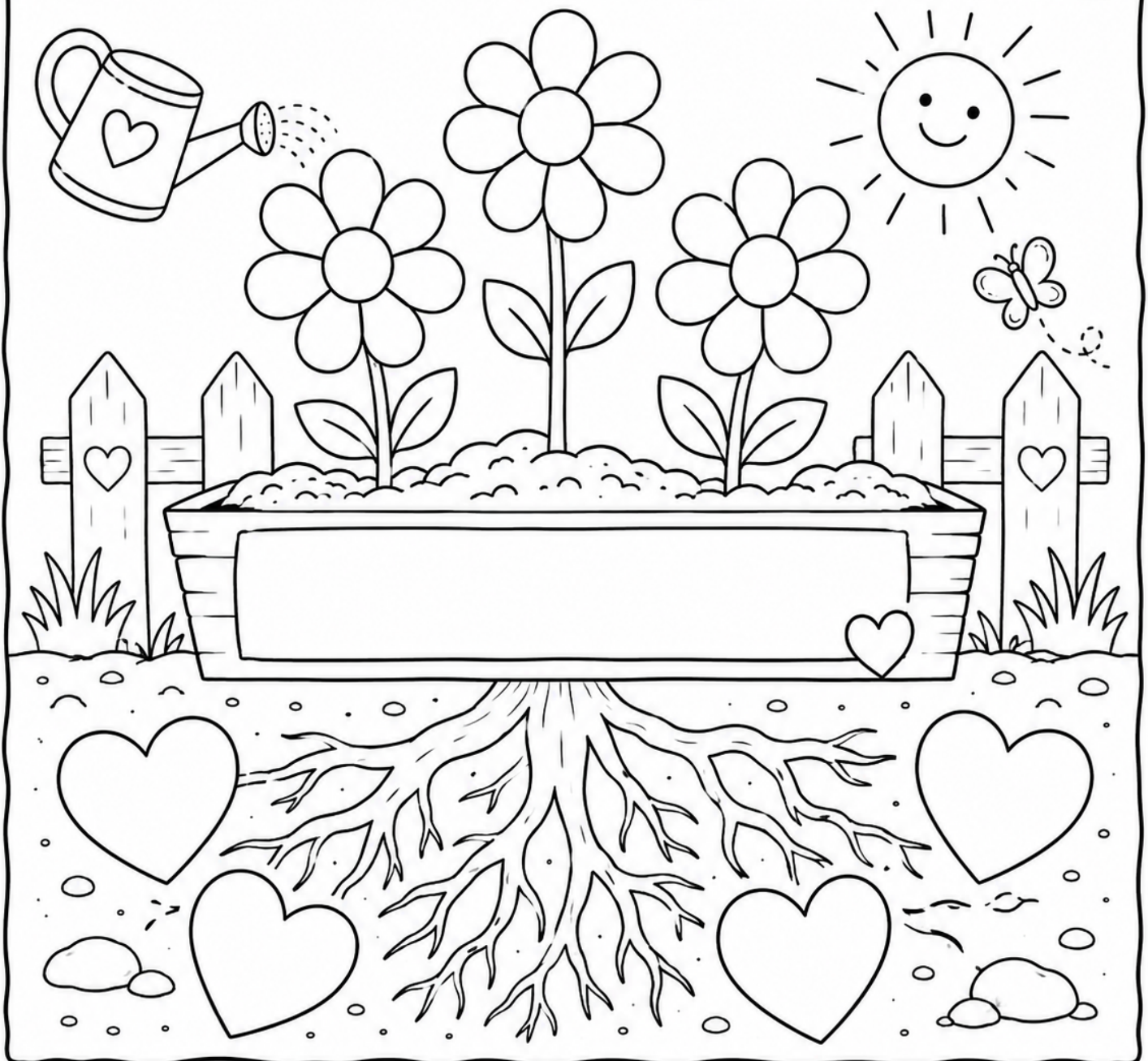


Why is this your favorite discovery?

My Gratitude Garden 🌻

-  My seeds are things I appreciate.
-  My flowers are happy memories.
-  My roots are people who support me.

♥
Add words or
drawings to
your garden:



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

★ A thankful heart is a happy heart.

My Calm Down Toolbox

Everyone has big feelings sometimes.

A calm down toolbox is filled with strategies that help my body and brain feel better.

My Toolbox Tools:

Breathing Tools

- ☐ Balloon Breathing (slowly blow up an imaginary balloon)
- ☐ Hot Cocoa Breathing (smell the cocoa, blow to cool it)
- ☐ Five Finger Breathing

Body Tools

- ☐ Stretch my body
- ☐ Shake out my hands
- ☐ Take a quiet break
- ☐ Count slowly

Creative Tools

- ☐ Draw a picture
- ☐ Write my feelings
- ☐ Read a book
- ☐ Listen to music

People Tools

- ☐ Talk to a trusted adult
- ☐ Ask a friend for help
- ☐ Give or ask for a hug

☀️ My Own Personal Calm Down Strategy ☀️

My favorite calm down tool is:

It is my favorite tool because:

Draw what you would add to this Calm Down Toolbox!



☀️ I have tools to help me feel calm.

My Breathing Practice

Breathing helps send a calm message to my brain.

Balloon Breathing

1. Put your hands on your belly.
2. Slowly breathe in and fill your balloon.
3. Slowly breathe out and let your balloon shrink.

Practice:

Breathe in... 1... 2... 3...

Breathe out... 1... 2... 3...

My breathing words:

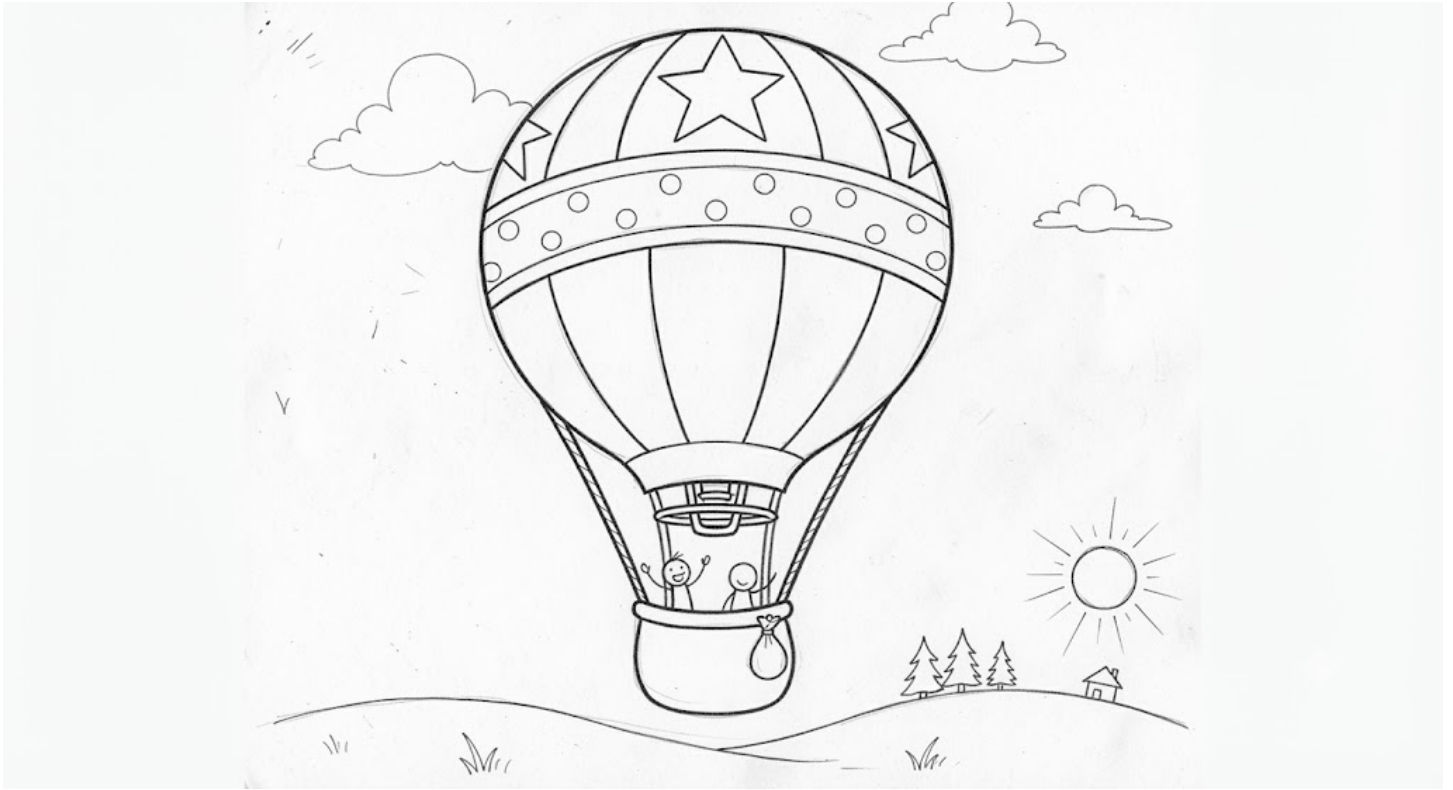
When I breathe, I tell myself:

"I am safe."

"I can handle this."

"I can try again."

Design your imaginary balloon.



My balloon is filled with:

- ☐ Calm
- ☐ Courage
- ☐ Kindness
- ☐ Patience
- ☐ Confidence

My Calm Corner

A calm corner is a place where I can reset my body and mind.

My perfect calm corner would have:

- ☐ A cozy place to sit
- ☐ Books
- ☐ Soft music
- ☐ Art supplies
- ☐ A stuffed animal
- ☐ A calming tool
- ☐ Something else:

My calm corner rules:

1. _____
2. _____
3. _____

Design your calm corner.



Explain your calm corner choices:

♥ My calm space helps me feel ready to learn.

When My Feelings Feel BIG

Sometimes feelings feel like a big wave.

I can ride the wave by using my tools.

When I feel:

 Angry

 Sad

 Worried

 Frustrated

I can:

★ Stop

★ Breathe

★ Think

★ Choose a helpful action

My Big Feeling Plan:

When I feel _____,

my body feels:

I can calm down by:

A person who can help me:

My Feelings Wave 🌊

Draw yourself riding your feelings wave.



★ Big feelings are okay. I have choices.

Calm Down Champion Award

This certificate is proudly given to:

for learning how to:

- ★ Understand feelings
- ★ Use calming strategies
- ★ Take care of my body and brain
- ★ Make positive choices

Signed:

Date:



I am the captain of my calm!

Growth Mindset Workbook

The Power of "Yet"

Sometimes we cannot do something...

YET!

Change each sentence into a growth mindset statement.

 I can't do this.

 I can't do this _____.

 I am not good at reading.

 I am learning to _____.

 Math is too hard.

 I can practice _____.

My favorite "yet" sentence is:

My Mistake Is a Teacher

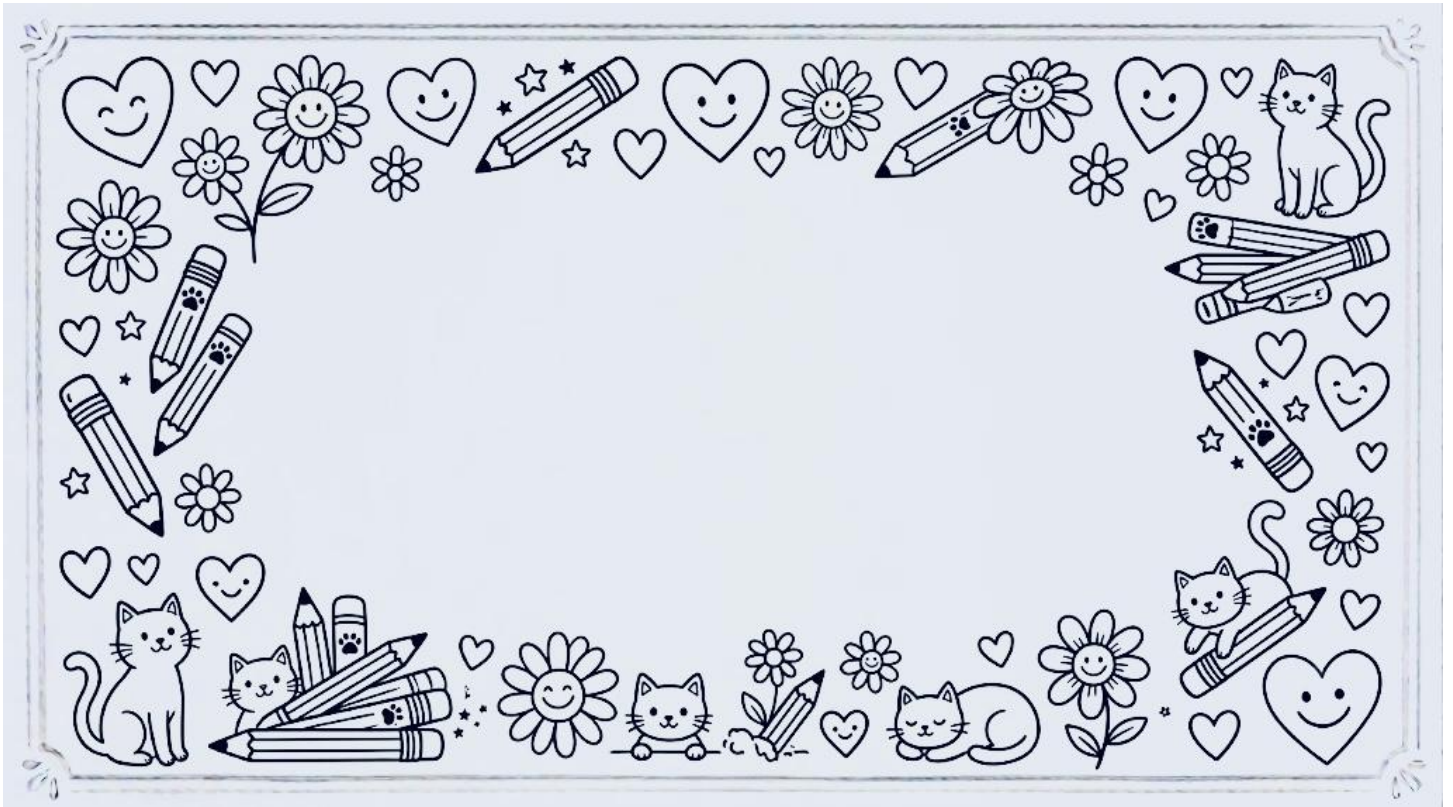
Mistakes help our brains grow!

A mistake I made:

What did I learn?

What can I try next time?

Draw your mistake turning into a lesson.



My Brain Gets Stronger

Every time I practice, my brain grows!

Today I practiced:

- ☐ Reading
- ☐ Writing
- ☐ Math
- ☐ Being kind
- ☐ Trying something new
- ☐ Solving a problem

Something I improved:

I am proud because:

My Positive Self-Talk Toolbox

Kind words help me keep going!

Complete these sentences:

I can _____.

I will try _____.

I am proud that I _____.

I am learning _____.

When something is hard, I will remember:

The Challenge Mountain

Every challenge is a mountain I can climb!

My challenge:

My first step:

Someone who can help me:

How I will celebrate when I reach the top:

Draw yourself climbing your mountain.



My "I Can" List

I can do many amazing things!

Things I can do:

1. _____
2. _____
3. _____
4. _____
5. _____

Something new I want to learn:

Celebrating My Growth 🎉

Look how far I have come!

Something that was hard before but is easier now:

A time I did not give up:

Someone who helped me grow:

I am proud of myself because:



My Growth Mindset Promise

I promise to:

- ★ Keep trying
- ★ Learn from mistakes
- ★ Ask for help when I need it
- ★ Celebrate my progress
- ★ Believe in myself

My name:

My promise:

Signature:

Date:

My Growth Mindset Reflection

Today I learned:

Something that challenged me:

Something I improved:

One goal I have for myself:

Remember:

Small steps create big growth! 

Confidence Builders

Discovering the Amazing Person I Am!

My Superpower Strengths

Everyone has special strengths that make them unique!

My superpowers are:

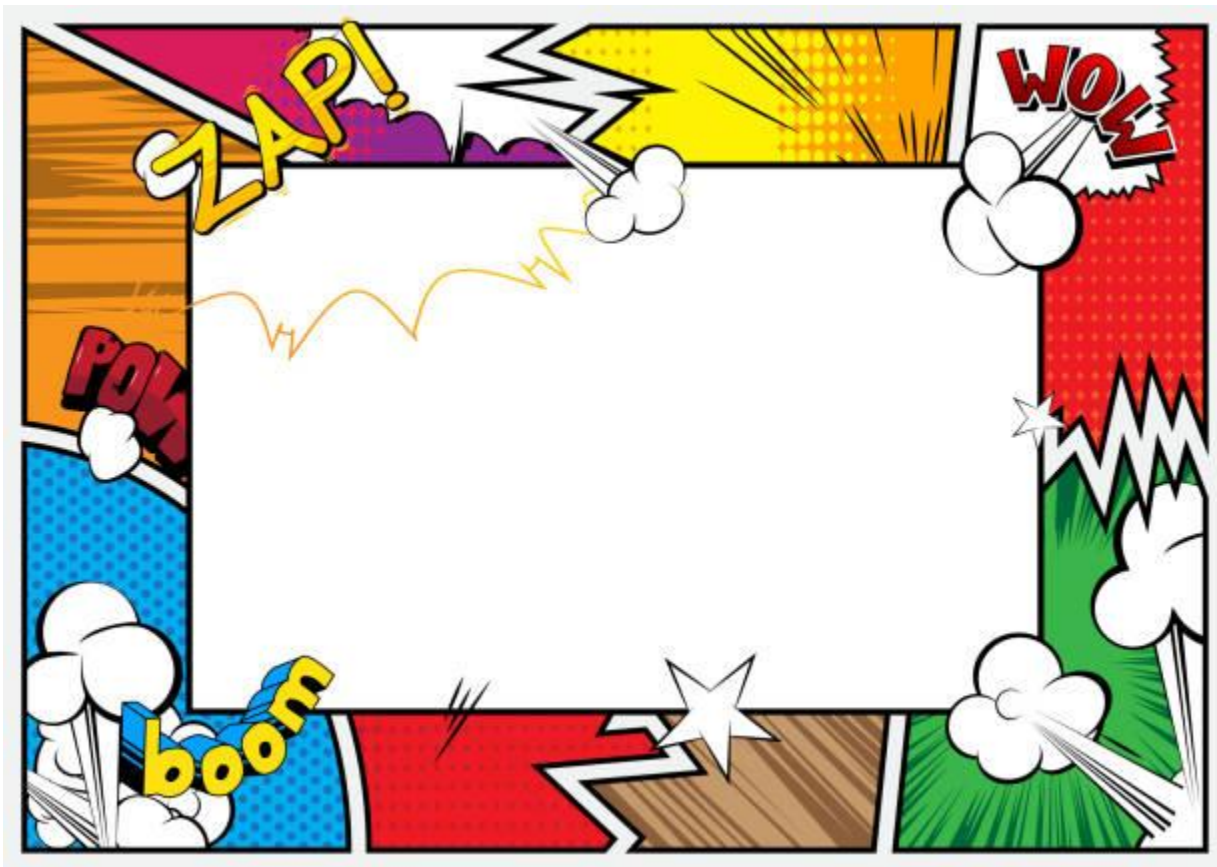
- ☐ Kindness 
- ☐ Creativity 
- ☐ Helping Others 
- ☐ Bravery 
- ☐ Patience 
- ☐ Curiosity 
- ☐ Leadership 
- ☐ Perseverance 
- ☐ Friendship 

Other strengths I have:

My Special Superpower

My special superpower is:

Draw yourself using your special superpower!



★ I have amazing qualities that make me special.

Your Confidence Shield

A confidence shield protects the things that make you strong.

Inside your shield, draw or write:

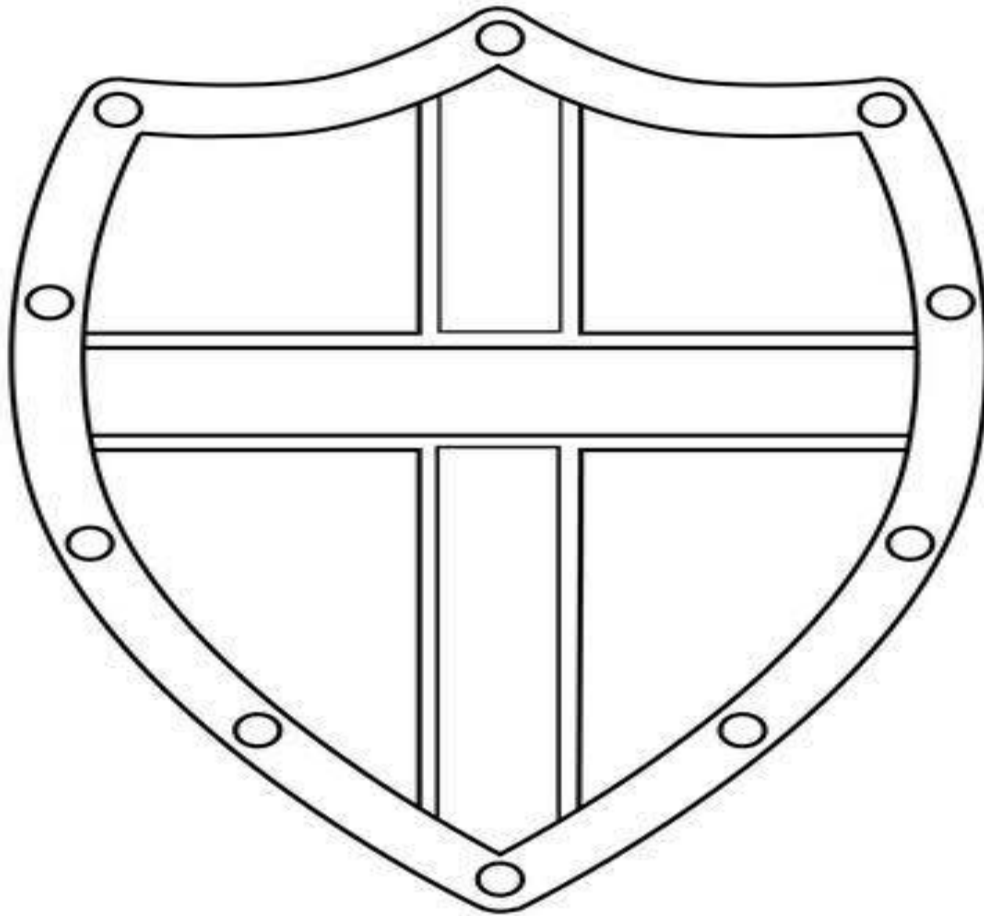
★ Something you are good at:

★ Something I worked hard to learn:

★ Someone who believes in you:

★ Something you love about yourself:

My Confidence Shield 🛡️



💛 I believe in myself!

My Positive Self-Talk Cards

The words I say to myself matter.

Turn these thoughts into positive thoughts:

 "I can't do this."

 "I can _____."

 "I made a mistake."

 "I learned _____."

 "I am not good enough."

 "I am _____."

My Favorite Confidence Phrase

"I am _____."



My Brave Steps Path 🌳⭐

Confidence grows one step at a time!

A goal I want to reach:

My first small step:

The next step:

Someone who can encourage me:

Draw yourself walking your path to success.



Things That Make Me Smile 😊

Knowing what makes us happy helps us feel confident.

Things I love:

★ My favorite activity:

★ A place where I feel happy:

★ A person who makes me smile:

★ Something I am proud of:

★ A memory I love:

Draw Your Happy Moments



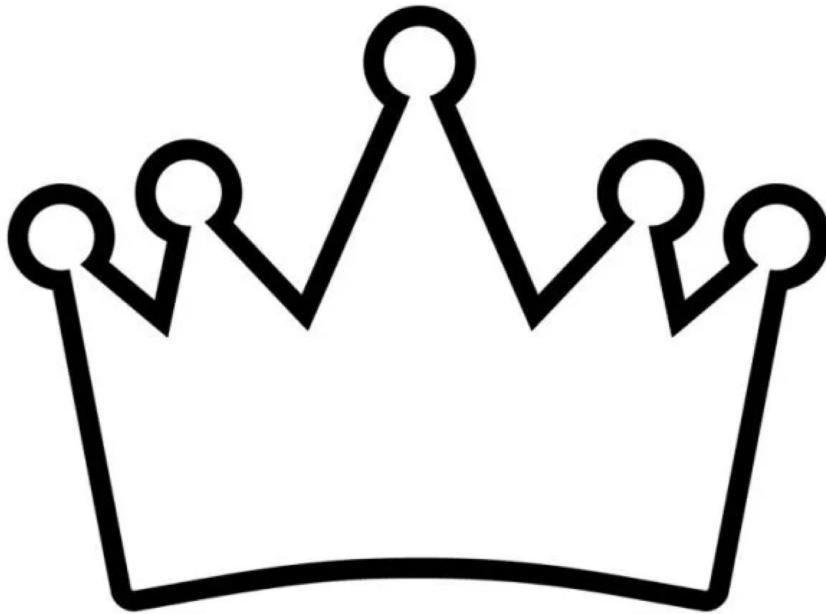
My favorite happy moment is

My Confidence Crown 👑

I am proud of who I am!

Decorate your confidence crown with:

- ★ Things I do well
- ★ Kind words about myself
- ★ Goals I am working toward
- ★ Things that make me unique



My Confidence Words

I am...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I Am Proud Reflection

Look how much I have grown!

Something I am proud of:

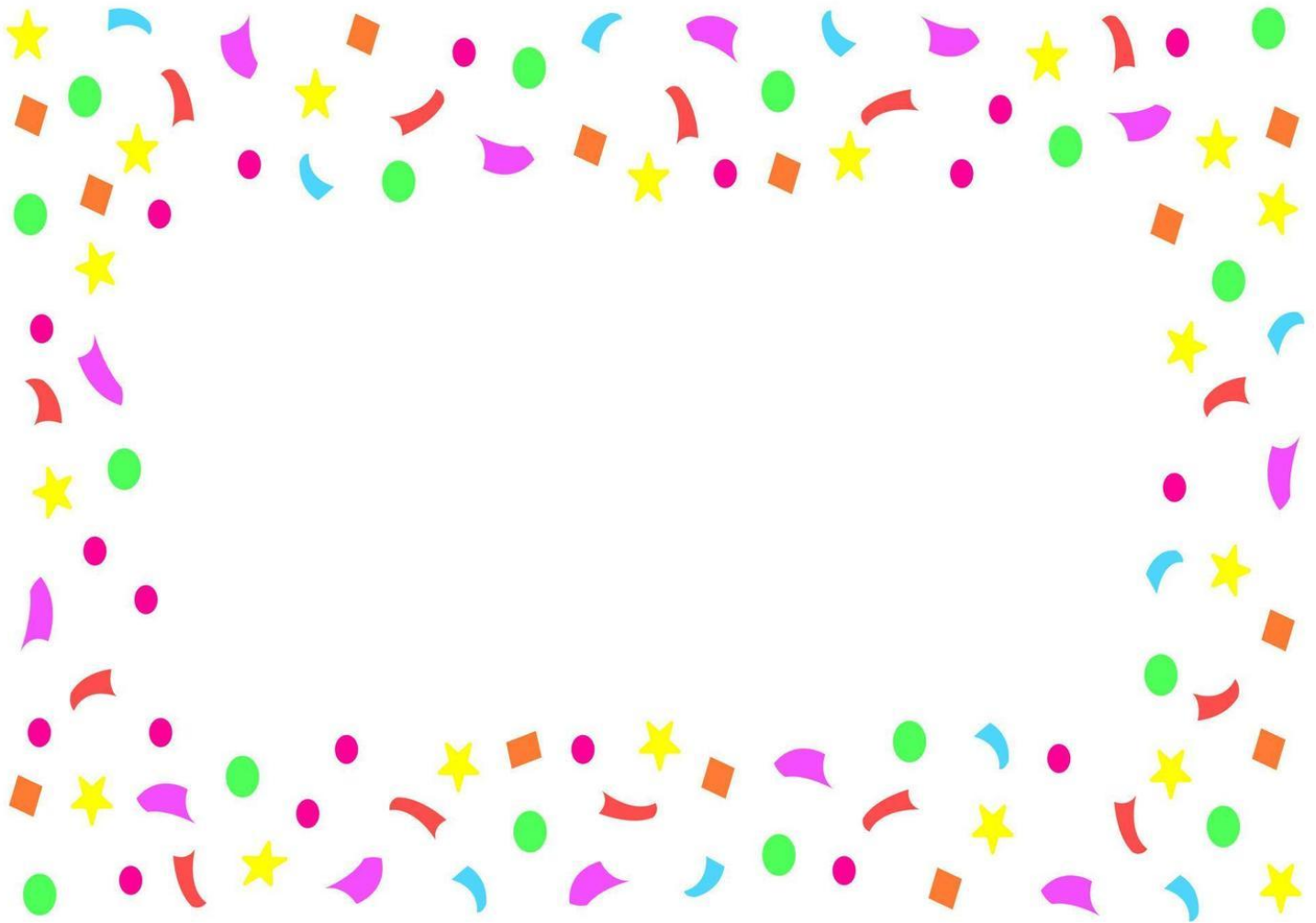
Something I have improved:

Something kind I did:

Something new I tried:

My Celebration

Today I celebrate myself because:



 Every day I am learning, growing, and becoming my best self!

What Makes a Great Friend? ★

A great friend is someone who makes others feel loved, included, and valued.

My Friendship Superpowers! 🦸 🦸

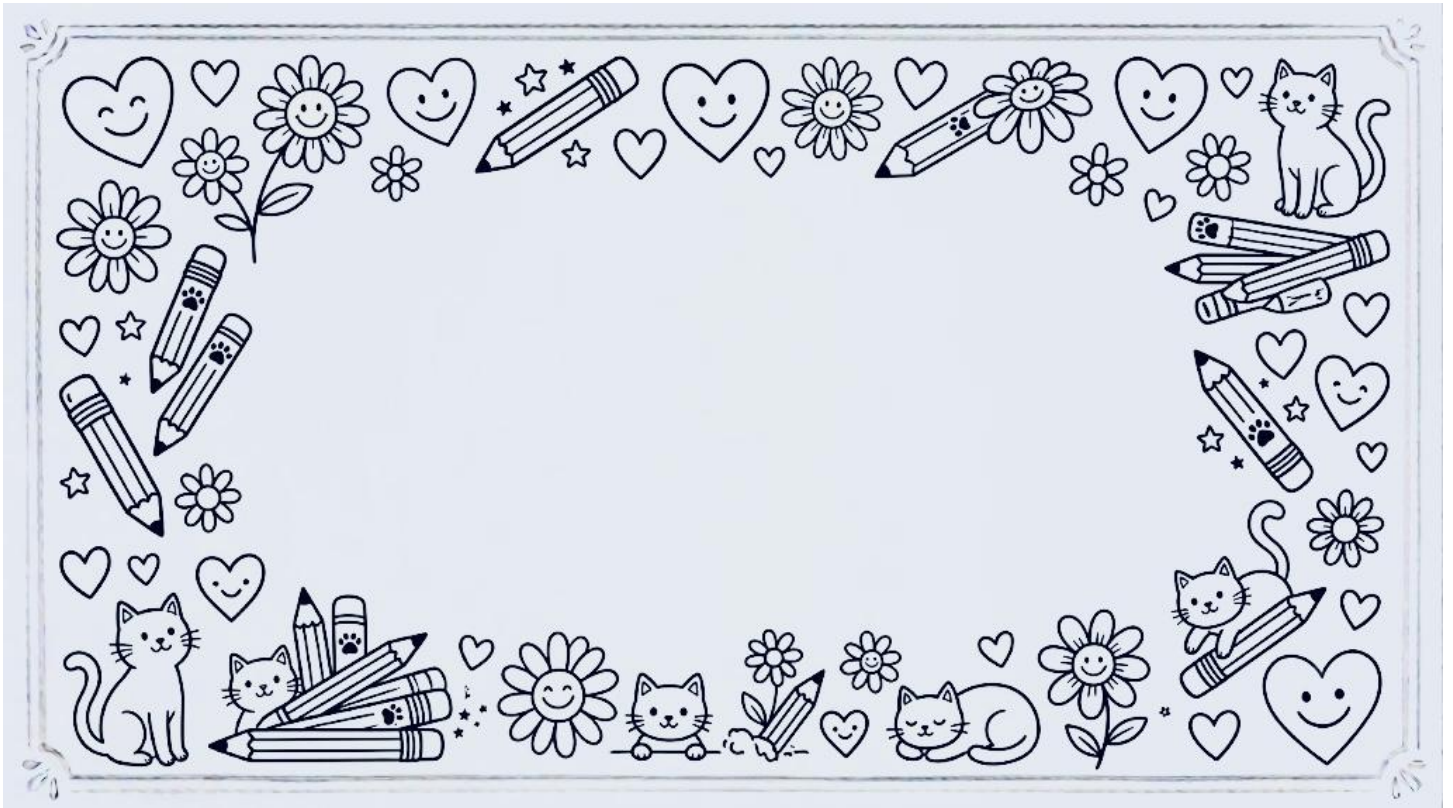
Color or check the friendship skills you use:

- ☐ I listen when others are talking.
- ☐ I use kind words.
- ☐ I share and take turns.
- ☐ I invite others to play.
- ☐ I help my friends when they need me.
- ☐ I say sorry when I make a mistake.
- ☐ I celebrate my friends' successes.
- ☐ I respect other people's feelings.

A great friend is...

Kindness Looks Like...

Draw yourself showing kindness to a friend.



💛 **Remember:** Small acts of kindness can make a big difference!

The Friendship Toolbox

Every friendship needs tools!

My Friendship Tools:

Kind Words

Something kind I can say:

"I noticed _____."

"You are _____."

"I like when you _____."

Listening Ears

A good listener:

- ☐ Looks at the person speaking
- ☐ Waits for their turn
- ☐ Thinks about what the person said
- ☐ Asks questions

Helping Hands

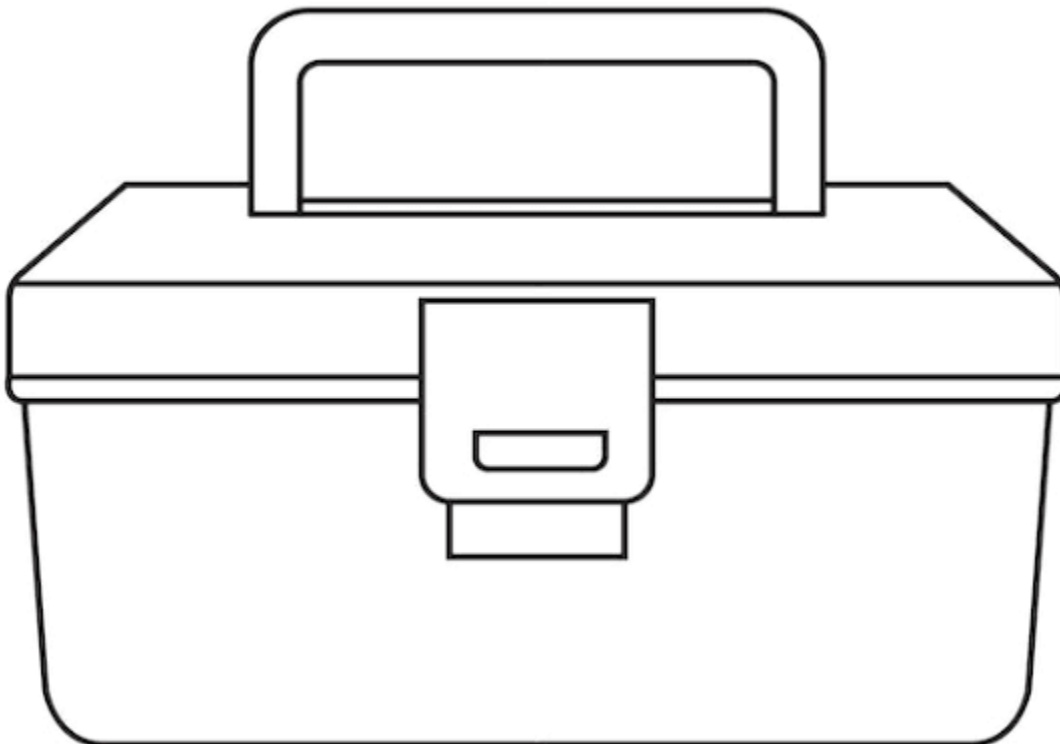
I can help a friend by:

 Problem-Solving Tool

If my friend and I disagree, I can:

1. Stop and take a breath.
2. Listen to my friend.
3. Use calm words.
4. Find a solution together.

Add to your friendship toolbox!



Friendship Fix-It Shop

Sometimes friendships have problems. We can fix them!

What happened?

My friend and I had a problem:

How might my friend feel?



My friend might feel:

What could I say?

"I feel _____ when _____."

"I wonder if we can _____."

"I am sorry for _____."

Our Friendship Solution:

Draw two friends solving a problem.

Our Friendship Solution

BY: _____

★ Friendship Reminder:

Good friends are not perfect. Good friends learn, forgive, and try again.



A Final Message from Peyton



Wow! You did it!

You've shown so much kindness, courage, and heart while working through this journal.

I am so proud of you!

You accepted the **30-Day Kindness Challenge**, practiced calming your big feelings, built your confidence, learned about friendship, and took time to be grateful for the good things in your life.

That's not just awesome...

that's AMAZING!



Remember:

- ♥ Kindness makes the world a better place.
- ♥ Courage helps you try new things.
- ♥ You are enough just as you are.
- ♥ Small actions can make a BIG difference.

Keep
shining
bright!



Keep Using Your Tools Every Day!



Your Calm Down Toolbox

Use your tools when you feel overwhelmed.



Your Feelings Journal

It's okay to feel big feelings. Keep talking about them.



Your Confidence Builders

Celebrate your strengths and never stop believing in you!



Your Friendships

Be a good friend and surround yourself with kind people.



Your Gratitude Practice

There is always something good to be thankful for!



You are growing into a kind, brave, and amazing person. I can't wait to see all the incredible things you do!

Keep dreaming, keep trying, and most importantly...

keep being YOU!



You've got this!

Love,

Peyton



Remember:

Every day is a new page to make a difference!



A Message From the Author

Dear Reader,

Thank you for joining me on this journey through the **Peyton's Pages of Possibility Kindness & SEL Workbook**.

I created this resource because I believe that educating the heart is just as important as educating the mind. Children need opportunities to understand their feelings, build confidence, practice kindness, solve problems, and recognize the amazing qualities they already have inside of them.

As an educator, I have seen the incredible difference that happens when children feel valued, heard, and supported. A kind word, a moment of reflection, or a reminder that mistakes are part of learning can help a child grow in powerful ways.

These activities were designed to help children:

- ★ Understand and express their feelings
- ★ Develop a growth mindset
- ★ Build meaningful friendships
- ★ Practice empathy and kindness
- ★ Discover their strengths
- ★ Celebrate their own unique journey

My hope is that these pages become a place where children can pause, reflect, create, and grow.

Remember:

A small act of kindness can create a ripple.

A positive thought can build confidence.

A growth mindset can open new possibilities.

Every child has a story worth telling and gifts worth sharing.

Thank you for helping children discover their possibilities and for being part of a movement that believes in educating not only the mind, but the heart.

With gratitude,

Jennifer Lee Quattrucci

Educate the Heart

Peyton's Pages of Possibility

About the Author

Jennifer Lee Quattrucci

Jennifer Lee Quattrucci is an educator, author, and creator who believes that learning begins with connection, curiosity, and kindness.

With nearly three decades of experience in education, Jennifer has worked as a classroom teacher, elementary school principal, and instructional leader. She holds a Master's degree in School Leadership and is certified in English for Speakers of Other Languages (ESOL).

Throughout her career, Jennifer has seen the power of helping children feel valued, heard, and capable. She believes that when children know they matter, they are more willing to learn, take risks, and discover their own possibilities.

Jennifer created the **Peyton's Pages of Possibility** series to inspire children to believe in themselves, embrace kindness, and recognize that everyday moments can become meaningful stories.

Through Peyton's adventures, young readers discover that:

- their ideas matter,
- their kindness makes a difference,
- their curiosity can lead them to amazing discoveries,
- and every child has the ability to create positive change.

Jennifer is also the author of **Educate the Heart: Screen-Free Activities to Inspire Authentic Learning**, a resource designed to encourage meaningful connections, creativity, and authentic learning experiences for children.

When she is not writing, Jennifer enjoys teaching, spending time with her family, exploring new places, reading, and finding inspiration in the everyday moments that remind us all that life is full of possibilities.

She hopes every child who reads Peyton's stories remembers:

"You are capable.

You are important.

You have a story to tell.

And every day is a new page of possibility."



Connect With Jennifer

Jennifer Lee Quattrucci

Creator and Author of the *Peyton's Pages of Possibility Series* and *Educate the Heart*

Website: giveeverydayachance.com

Instagram: @mommyteacherfashionista