

Cosmic  
Safety

Journal  
Workbook



# Meet the Sparks!™

Growing whole humans, one conversation at a time.



**Chow**  
HAPPINESS



**Izzy**  
SADNESS



**Pepper**  
ANGER



**Fizz**  
LOVE



**Koko**  
PEACE



**BoA**  
FEAR

Purpose Prep, a trusted name in the field of Social Emotional Learning (SEL), brings you this supplemental resource to further develop children's abilities to recognize, regulate, and reflect on their emotions.

These activities are relevant, fun, and engaging. They are focused on helping children become more self-aware and able to understand how their feelings correlate with their actions, well-being, and relationships.

By following our online program, this workbook can be utilized as a supplemental resource to our curriculum. It can also be used as a learning tool independent of the online program. To find more information about SEL growth and other tools offered and developed by Purpose Prep, visit [www.purposeprep.com](http://www.purposeprep.com).

This workbook is dedicated to all the teachers and parents who help children fulfill their purpose in life, and to all the learners who grow with each social-emotional activity.







# Journal Page

Directions: After finishing the story, use the space below to reflect on your main takeaways from this lesson.



A series of horizontal lines for writing, starting from the top right and extending across the page to the bottom left.







## Learning My Basic Emotions: What Do I Do When I'm Afraid?

It was the day of Intergalactic Academy's annual play and the Sparks had been rushing around preparing. Each Spark had a role in the play and had been practicing for months! Tonight, they would finally get to perform in front of their community.

"I'm not feeling so good," Boa told the rest of the Sparks.

"What do you mean? You can't be sick now. You're one of the main characters and we need you," Pepper quickly responded with a hint of worry in his voice.

"I think I have some sort of weird sickness. It just hit me. You all should go on without me," Boa replied.

"Are you sure you're not just nervous, Boa?" Fizz asked.

Boa shifted uncomfortably.

"No, but I still don't want to go on stage," she confessed.

**Finish the Story!**



# Journal Page

Directions: After finishing the story, use the space below to reflect on your main takeaways from this lesson.



Lined writing area consisting of 20 horizontal lines for journaling.













# Journal Page

Directions: After finishing the story, use the space below to reflect on your main takeaways from this lesson.



Lined writing area consisting of 20 horizontal lines for journaling.



## Personal Health Concepts: Respect Everyone and Their Personal Rights

The Sparks' class got three "strikes," or three chances, to correct their behavior before the whole class got in trouble. They could get strikes for things like being too loud, not listening to their teacher, or misbehaving during school hours, either in or out of the classroom.

Today was one of those days. The Sparks had been unusually naughty this week, so their teacher declared a class detention. This meant that the Sparks could not talk during Snack Time and had to stay inside during recess.

During Snack Time, Izzy was eating and sitting quietly in his seat. He felt a tug on the back of his shirt and turned around to see what it was. It was just Pepper, who didn't say anything when Izzy looked at him. Izzy turned back around.

\*PINCH\* Izzy suddenly felt a sharp pain in the back of his arm and realized Pepper had pinched him. He turned around and silently gave Pepper a dirty look, signaling him to stop.

\*PINCH\* Pepper pinched Izzy again, and Izzy had had enough. Not only did he not want to be bothered, but Pepper was actually really hurting him.

**Finish the Story!**







# Journal Page

Directions: After finishing the story, use the space below to reflect on your main takeaways from this lesson.



Lined writing area consisting of 20 horizontal lines for journaling.



























To find more information on  
social-emotional growth and other tools  
made by Purpose Prep, visit  
[www.purposeprep.com](http://www.purposeprep.com).

