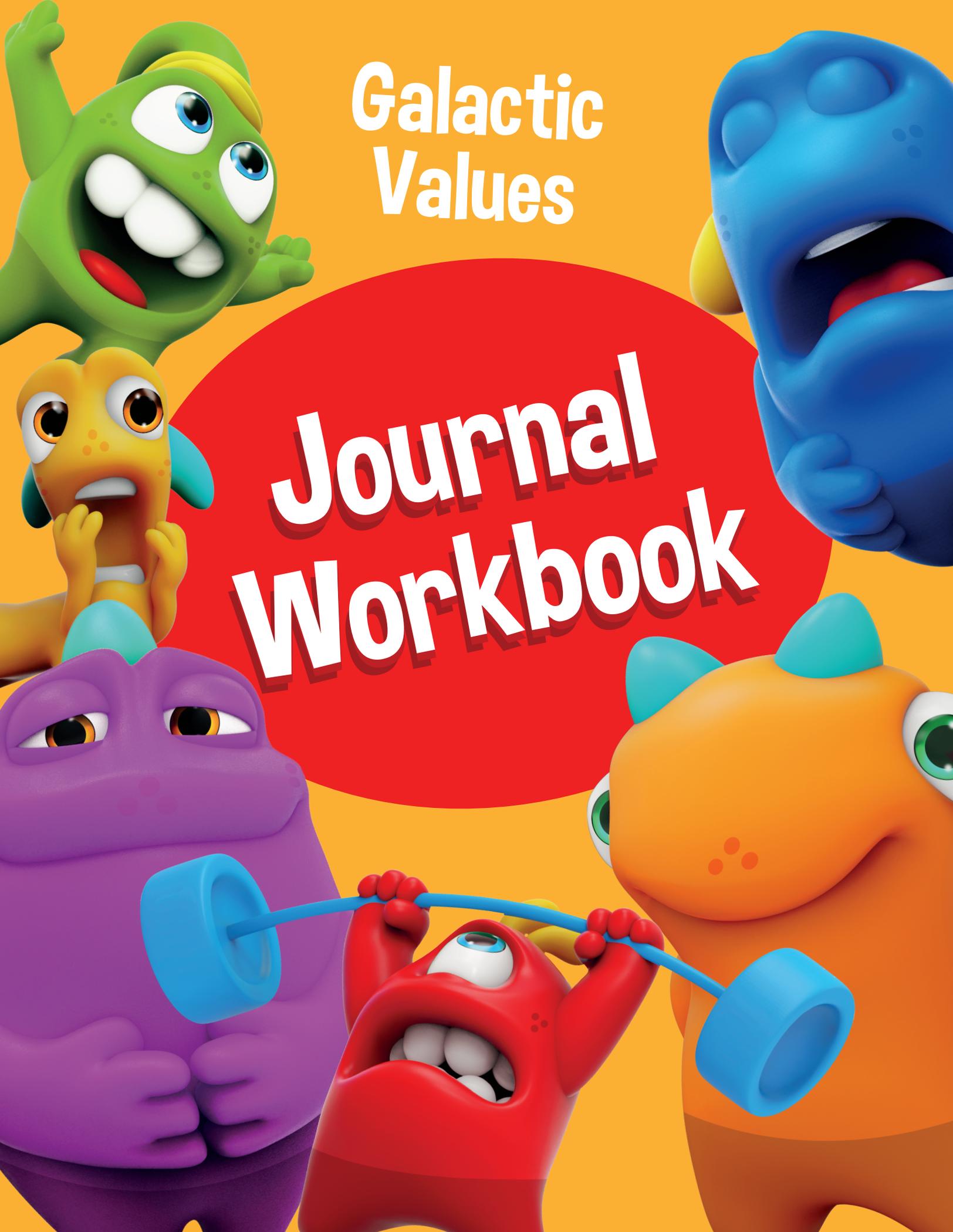


Galactic Values

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.

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.



Lined writing area 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 25 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 25 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 for journaling.



Becoming Unstoppable: Being Optimistic

It was Class Election season, and all of the students at the Intergalactic Academy were tuned in. Izzy was running against another student the Sparks didn't know, and it was a close race.

One week before the final day to cast their votes, Izzy started to fall behind. This really upset Izzy. He had put a lot of work into his campaign and really wanted to be elected. He started losing hope, and he wanted to withdraw from the race to avoid the embarrassment of losing.

Chow saw this and knew that there was still time to turn things around. Izzy wasn't the most optimistic Spark, but Chow knew that optimism could make a difference in his performance. He needed to find a way to uplift Izzy's mood so he could make one final push and make a good impression.

Finish the Story!



To find more information on
social-emotional growth and other tools
made by Purpose Prep, visit
www.purposeprep.com.

