

*Your*  
**CHANGING  
SEASONS**  
*Guide*



Anita Lee, My Blooming Creativity

# WHY THIS JOURNAL MATTERS

Growing up brings many changes—some exciting, some confusing, and some difficult to put into words. The Changing Seasons offers thoughtful prompts that encourage self-expression, help children notice their feelings, process their experiences, and begin to understand change as a natural part of life.

This journal provides your child with a gentle place to share what they feel. It also offers you a simple way to better understand their day and support them as they continue to grow.

*This guide is for you—the parent, caregiver, and trusted adult. It is here to help you understand the purpose of the journal, how to introduce it (if necessary), and how to support the journaling journey with love and patience.*

# THE PURPOSE OF THE JOURNAL

**Reflection:** Encourages looking back to see how much growth has taken place.

**Relationships:** Explores how friendships and family connections shift over time.

**Identity:** Invites noticing who the user is now and who they are becoming.

**Change:** Builds resilience by accepting that change, both big and small, is a normal part of life.

*By moving through these sections, your loved one will know that every day is part of a season, and every season has value. They will learn that every feeling is valid, and every stage of growth is proof of their belonging.*

# HOW TO INTRODUCE THE JOURNAL

**Set the Tone:** Present the journal as a gift of self-discovery, not as an assignment. A simple introduction might be:

*“This journal is yours. It is a place to write, draw, and express about what is going on in your life. There are no right or wrong answers—only your own thoughts and feelings.”*

**Offer Choice:** Encourage writing, pasting, taping, or drawing at the pace that feels right. The journal may be used every day, once a week, or whenever they feel ready.

**Respect Privacy:** Unless invited, allow space for entries to remain private. Knowing the journal is truly theirs helps build trust and honesty.

**Make Yourself Available:** Offer to listen if they want to share, but never pressure them into sharing. Giving a choice matters.

# HOW TO SUPPORT JOURNALING

**A Realistic Time and Space:** Journaling often works best during quiet moments like before bed, on a weekend morning, or after school. Choose together, according to the known daily lifestyle you share.

**Normalize Emotions:** All feelings are welcome. Happiness, sadness, frustration, and uncertainty are all part of life's seasons.

**Encourage Expression Beyond Words:** Some prompts invite drawing or doodling. Any form of response is valuable.

**Celebrate Progress, Not Perfection:** Appreciate the act of reflection itself, not neat handwriting or polished answers.

## TIPS FOR YOU

**Model Reflection:** Keep your own journal or briefly share how reflection has helped you.

**Connect Through Conversation:** When sharing does happen, listen more than you talk. A simple *“Thank you for telling me”* can be powerful.

**Handle Difficult Feelings Gently:** If journaling brings up sadness or worry, acknowledge it and offer reassurance that it is safe to talk, or to let those feelings rest on the page.

## A CLOSING NOTE

The Changing Seasons Journal is more than a book—it is a safe space to offer a person you love.

It is a tool that supports reflection, strengthens resilience, and helps navigate the changes happening while growing up.

Give it with love, patience, and curiosity. Whether the journal is used daily, weekly, or only occasionally, the practice of pausing and reflecting will provide a needed training for the years to come.

Every season matters. Every voice belongs. And however the journey winds and turns, remember *everything is already okay.*

Anita

