

Care For You Story-Writing

Both journaling and reading reduce stress. This month we're combining them with journaling prompts about story-writing. Have fun, and enjoy the stress-reducing benefits!

- **Imagine you are writing a children's book of your own. Identify the different parts of your story:**

Characters: _____

Setting: _____

Plot: _____

Morale of the
story: _____

Title: _____

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 or other markings on the paper.

~ Albert Einstein