



# **PARENTS' GUIDE**

## WHAT IS THE PURPOSE OF THE THOUGHT JOURNAL?

The Thought Journal supports children's emotional and psychological development. It helps:

- to recognize and express feelings,
- to become aware of the connection between thoughts and feelings,
- to learn calming, self-help methods,
- to strengthen a positive self-image, self-confidence and courage.

The diary accompanies the child through playful and creative tasks for 8 weeks, divided into weekly themes.

## HOW DOES IT WORK?

**Duration:** 5–15 minutes a day is sufficient.

**Format:** drawing, writing, coloring, short answers.

**Location:** best done in a quiet, safe environment (e.g. before bedtime, during an afternoon break).

It is recommended to solve one task each day, and then at the end of the week to do a more comprehensive, longer summary of the weekly topic together using the help questions.

The parent's task is not to correct the answers, but to accompany the process. The child can share as much as he or she wants with his or her parents, but he or she also has the right to keep some of his or her thoughts to himself or herself.

## WEEKLY TOPICS IN BRIEF

1. **Recognizing emotions** – putting feelings into words, expressing them in drawings and colors.
2. **Observing thoughts** – helps to recognize dominant thoughts and their impact on emotions.
3. **The relationship between body and anxiety** – identifying bodily signs, releasing tension through movement.
4. **Positive thinking** – becoming aware of good things, gratitude, positive self-talk.
5. **Calming activities** – identifying things, places, and tools that bring peace.
6. **Resources and courage** – discovering internal resources, helpers, and encouraging symbols.
7. **Relationships and support** – recognizing safe relationships, practicing asking for help.
8. **Future, hope, and goals** – setting goals, drawing a vision for the future, summarizing the past weeks.

## WHAT A PARENT CAN DO

**Create a calm environment!** If the child is happy to talk, listen to them without judgment.

**Be curious and supportive!** Ask open-ended questions: “And how did it feel to draw this?”

**Set an example!** If the parent also shares a thought or feeling, the child feels safe.

**Encourage courage!** If the child writes about difficult feelings, it is enough to say: “I understand, thank you for sharing. I am proud of you for writing it down.”

**Don't force them!** If the child doesn't want to fill it out right now, they can bring it up again the next day.

## WHAT THE THOUGHT JOURNAL PROVIDES

- Self-awareness and emotional recognition.
- Stress and anxiety management tools.
- Positive thinking and self-confidence.
- A deeper parent-child connection through shared conversations.

## IMPORTANT INFORMATION

The Thought Journal **does not replace the help of a psychologist or other professional**, but as a support tool, it can be very effective in dealing with everyday anxieties and difficult feelings, and helps prevent problems from getting worse.

## NOTE

If you feel that your child needs professional help, contact the Kertváros Psychological Clinic with confidence, where our professionally trained psychologists with up-to-date knowledge and many years of experience are at your disposal.

