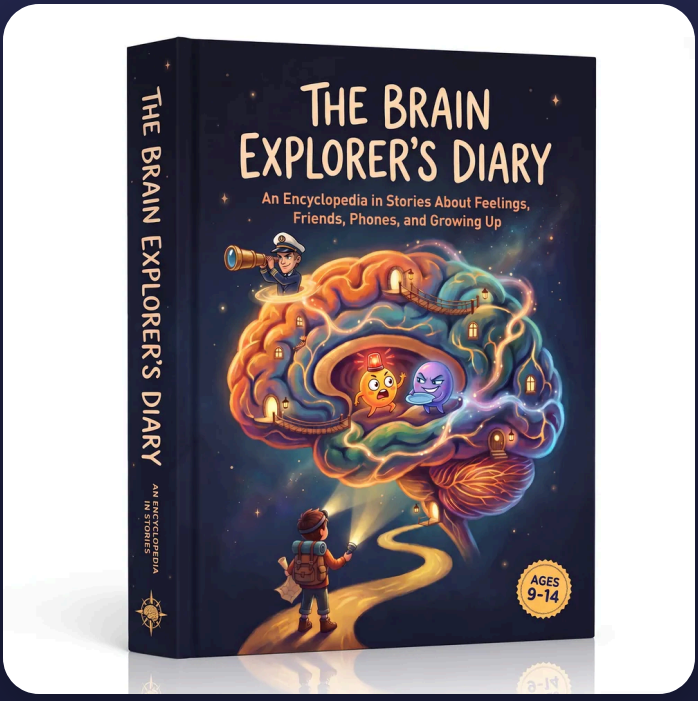
FREE GIFT · THE BRAIN EXPLORER'S DIARY

My Explorer's Log

Pages for writing down what happened, what your brain did, and what you tried. Print as many as you want. Nobody reads them unless you say so.



Explore your brain. Discover yourself.

MEET THE CREW

Who's who inside your head

You met them in the book. Here's a quick reminder before you start your log.



The Captain

Thinks things through. Smart, but a little slower.



The Alarm

Reacts in a split second. Great at danger, sometimes rings when there isn't any.



More-More

Always shouts "more!" More scrolling, more snacks, more of anything fun.

How to use your log

1. Pick a page when something big happened today: good, bad or confusing.
2. Write as much or as little as you like. Drawing counts too.
3. Try one Smart Move from the book, and write down how it went.
4. If you want, take your question page to a grown-up you trust.

For grown-ups: this log belongs to the explorer. Offer it, then step back. If they want to share a page, they'll bring it to you.

LOG ENTRY · WHEN THE ALARM RANG

Today my Alarm rang

Date: _____

What happened?

How loud was the Alarm?

1 · a beep	2	3 · a siren	4	5 · fire drill!

What did my body do? (heart, hands, tummy, face)

Was there real danger, or was the Alarm just being careful?

The Smart Move I tried, and what happened

Next time, I could...

LOG ENTRY · WHEN I GOT REALLY MAD

Something made me snap

Date: _____

What happened right before?

What was hiding under the anger? (circle any)

😞 sad	😳 embarrassed	😟 worried	😤 unfair
😴 tired	🍕 hungry	🙈 left out	❓ something else

What I said or did

What the Captain would say now, looking back

Is there anything I want to fix or say to someone?

LOG ENTRY · THE WORRY JAR

A worry I've been carrying

Worries get smaller when they're out of your head. Write it here and it doesn't have to live up there all day.

The worry

How long have I been carrying it?

today | a few days | a week | longer

The worst thing that could happen... and the most likely thing

One small thing I can do about it

A grown-up I could tell (only if I want)

LOG ENTRY · MORE-MORE WATCH

When More-More took over

Date: _____

What was More-More shouting "more!" about? (a game, videos, a group chat, snacks…)

How long did I plan to spend? How long did I really spend?

How did I feel when I finally stopped?

great | fine | meh | grumpy | tired

What helped the Captain say "enough"?

My plan for next time

LOG ENTRY · FRIENDS

Friends today

Date: _____

Something good a friend did

Something that hurt or felt weird

Was it a joke both of us laughed at, or only one of us?

If someone is mean to you again and again, on purpose, it isn't a joke anymore. Tell a parent, a teacher or another grown-up at school.

Something kind I could do for someone tomorrow

LOG ENTRY · PROUD MOMENT

I did something brave

Brave doesn't mean not scared. It means scared and doing it anyway.

What I did

What my inner voice said before

What it says now

A mistake that taught me something

MY WEATHER MAP

How was the weather inside this week?

Draw or write the weather for each day. Every kind of weather is normal. It always changes.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend



sunny



cloudy



rainy



stormy

FOR WHEN YOU'RE READY

A question I want to ask a grown-up

Every chapter of the book ends with a question for a parent. This page is for your own. Fold it, leave it somewhere, or hand it over. You choose when.

Dear _____,

From _____

What a child understands is easier to carry.