

The Other One

THIS PAGE BELONGS TO _____

NIGHT CREW · FOR THE BROTHER OR SISTER

THINGS YOU ARE ALLOWED TO FEEL TODAY

☐ Worried

☐ Left out

☐ Angry

☐ Jealous

☐ Scared

☐ Bored

☐ Guilty

☐ Relieved

☐ Sad

☐ Fine, actually

☐ _____

☐ _____

All of these are normal. You can tick more than one, and you can tick two that don't go together.

WHAT I DID TODAY

YOUR DAY STILL COUNTS

WHAT I WANT TO ASK SOMEONE

ANYTHING. GROWN-UPS FORGET TO EXPLAIN.

SOMETHING TO SEND THEM

Write it or draw it here, then tear this bit off and send it in.
A joke, a picture, the boring bit of your day, anything.

FOR WHEN THEY COME HOME

ONE THING YOU WANT TO DO TOGETHER. KEEP THIS BIT.
