

My feelings journal

How do I feel today? Day 1

Colour in your feelings for today



Draw: Why do I feel like this?

Blank drawing area for Day 1.

How do I feel today? Day 2

Colour in your feelings for today



Draw: Something I am thankful for today

Blank drawing area for Day 2.



How do I feel today? Day 3

Colour in your feelings for today



Draw: Why do I feel like this?

Blank drawing area for Day 3.



How do I feel today? Day 4

Colour in your feelings for today



Draw: Someone who makes me feel loved

Blank drawing area for Day 4.

My feelings journal

How do I feel today? Day 5

Colour in your feelings for today



Draw: Why do I feel like this?

How do I feel today? Day 6

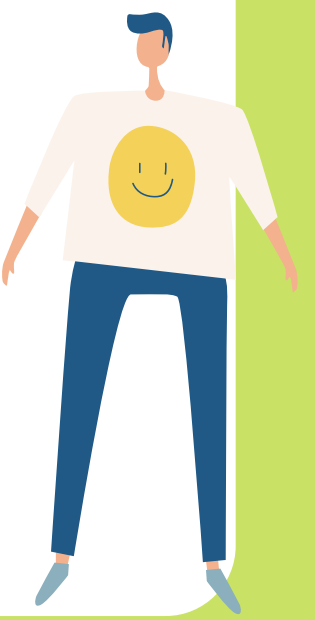
Colour in your feelings for today



Shout out loud:

I am
special

Tell those around you
why you are so special.



How do I feel today? Day 7

Colour in your feelings for today



Draw: Why do I feel like this?

Remember
that it is
important to
feel what you
feel.

