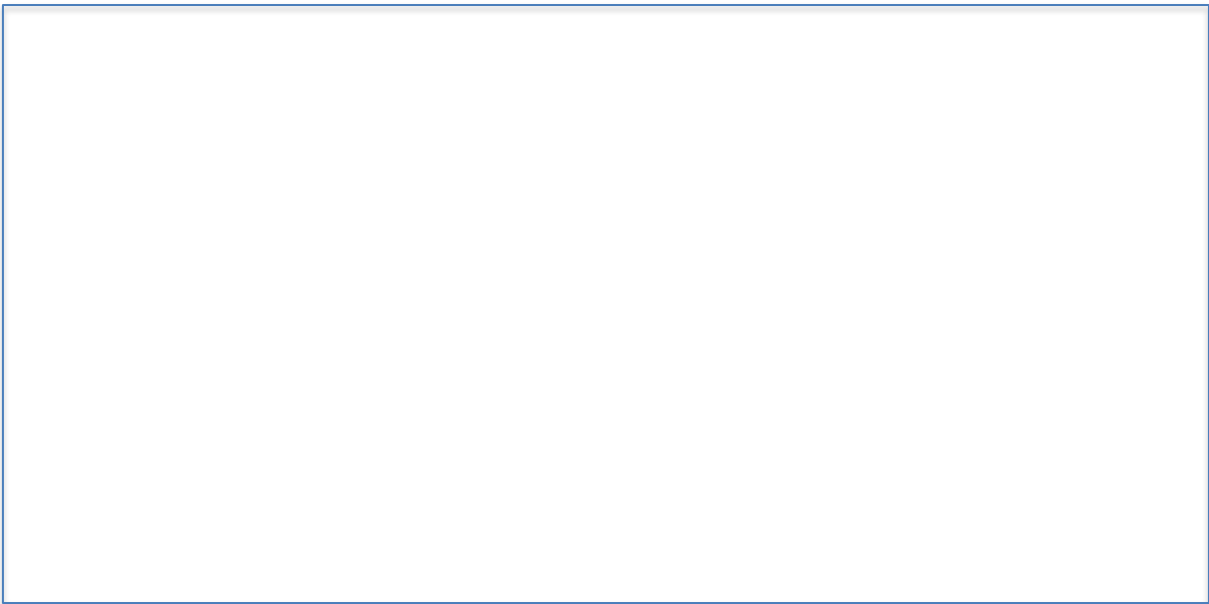




My Feelings Journal!



Picture of me!

Name: _____

Here is a list of feelings words we've been learning about. Use them to write about how you feel in your *Feelings Journal* every day. Then draw a picture to help describe how you feel.

Ashamed

Happy

Bored

Hopeful

Calm/Relaxed

Humiliated

Confident

Jealous

Confused

Kind

Content/Satisfied

Lonely

Curious/Interested

Mad/Angry

Delighted

Malicious

Disappointed

Proud

Disgusted

Sad

Embarrassed

Safe

Excited

Scared

Fine

Shy

Frustrated

Sure

Generous

Surprised

Greedy/Selfish

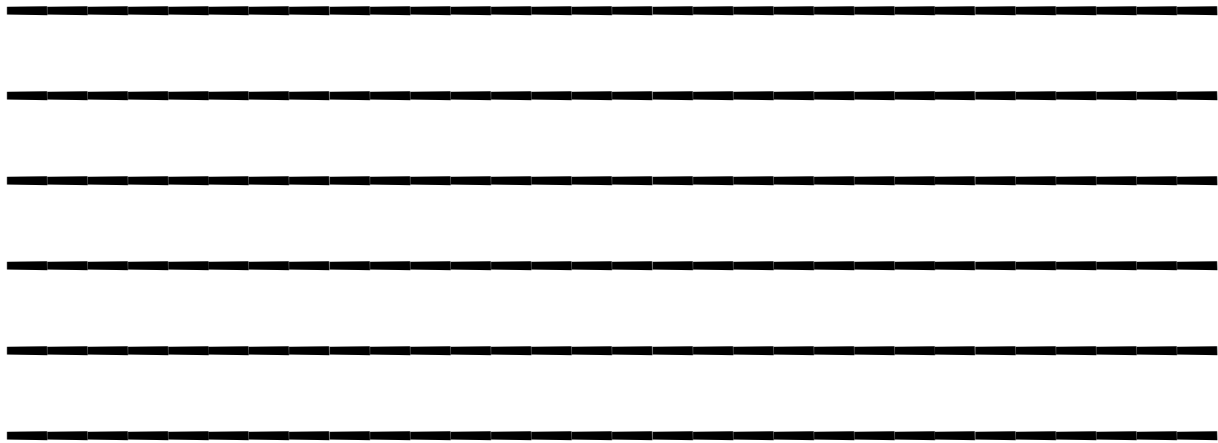
Tired

Guilty

Worried

Date: _____

Today I feel...

A series of seven horizontal lines, each consisting of a dashed line with a solid line above and below it, providing a space for writing.

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

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Date: _____

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Date: _____

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Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

A series of seven horizontal lines, spaced evenly down the page, providing a template for writing a response to the prompt above.

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.

Date: _____

Today I feel...

Draw a picture in the space below to show how you feel.