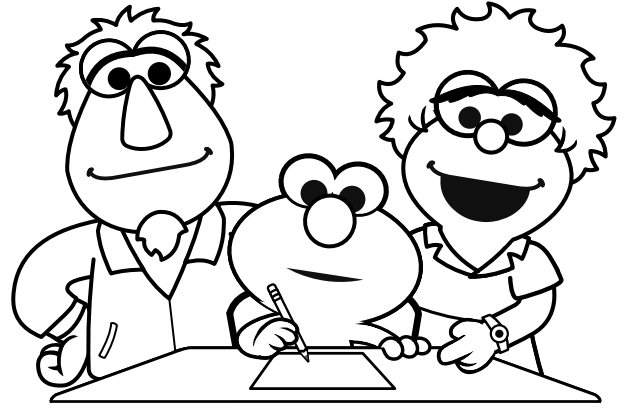


Feelings Journal

Big changes can lead to big feelings. Use this page to write about or draw how you feel. Then talk together and find ways to manage your big feelings.



Today I feel:

One hard thing that happened today was:

One good thing that happened today was:

A large, empty rectangular box with a thin black border, intended for a child to draw or write about their feelings.