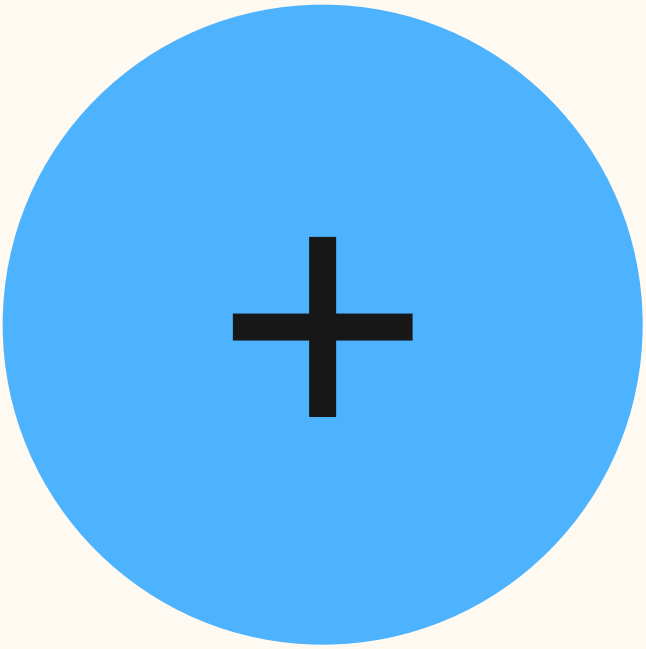
A SMALL MOMENT CAN MAKE A BIG DIFFERENCE



My Feelings Journal

A gentle place to notice, name, and share

PRINT AT HOME / USE AT YOUR OWN PACE

How am I feeling?

There is no wrong answer.

Today I feel...

_____

_____

_____

My feeling looks like...

_____

_____

_____

I notice it in my body when...

_____

_____

_____

What happened?

A little space to tell your story.

Something that happened today...

What I needed in that moment...

One thing I want someone to know...

What helps me?

Make a small plan for a big feeling.

A person I can talk to...

_____

_____

_____

Something that helps me feel calm...

_____

_____

_____

One kind thing I can say to myself...

_____

_____

_____

A good moment

Every feeling can share the page.

Something that made me smile...

Something I am proud of...

Something I look forward to...