



FEELINGS JOURNAL · AGES 4-10



Big Feelings Journal

A gentle little journal to help kids notice, color and talk about
how they feel.

Inside: feelings faces · feelings prompts · calm-down ideas · happy-place page



How Do I Feel Today?

Color the face that matches your mood — or color them all!



Happy



Sad



Angry



Surprised



Sleepy



Silly

Today I Feel...

Today I feel _____ because...

My Happy Place

Draw a place that makes you feel calm and safe.

MY HAPPY PLACE IS...

When I Have Big Feelings, I Can...

Color each calm-down idea. Which one will you try first?

1 Take five slow, deep breaths

2 Squeeze a pillow nice and tight

3 Count slowly up to ten

4 Tell a grown-up how I feel

5 Things That Make Me Smile

Write or draw them here!

1

2

3

4

5

All My Feelings Are Okay



Big or small, happy or sad — every feeling is okay. I am learning, and I am loved.