



Feelings Journal Page

Writing down how you feel can make difficult feelings a little easier. Circle the face that shows how you feel, and fill in the blanks to complete the sentence. Talk to an adult if you need help.



Today I feel _____ because _____.



Today I feel _____ because _____.



Today I feel _____ because _____.



Today I feel _____ because _____.



Today I feel _____ because _____.