



MY EMOTIONS JOURNAL

Sample Pages



Boys and Girls Journals

I CAN REACH MY GOALS

☒ I can identify my emotions.

☐ I can describe my emotions.

☐ I can make positive choices in different situations.

☐ I can identify strategies to manage my emotions.

☐ I can apply identified strategies to manage my emotions.

☐ I can demonstrate control of my emotions.

MY EMOTIONS

Sad	Surprised	Tired	Shy
Calm	Happy	Focused	Ready to Learn
Angry	Controlled	Excited	Relaxed
Mad	Upset/Loud	Scared	Out of Control

I FEEL SAD

List words or draw pictures to describe feeling sad.

Date: _____

I feel sad when _____

I FEEL READY TO LEARN

List words or draw pictures to describe feeling ready to learn.

I FEEL WORRIED

List words or draw pictures to describe feeling worried.

Date: _____

I feel worried when _____

I FEEL MAD

List words or draw pictures to describe mad or angry.

Date: _____

I feel mad when _____

Examples of Coping Strategies

☐ Take 10 deep breaths.	☐ Chew gum.
☐ Stand up and stretch.	☐ Write in journal.
☐ Count to 10.	☐ Give yourself a hug.
☐ Squeeze a stress ball.	☐ Spin in a circle.
☐ Do some exercises.	☐ Jump in place.
☐ Get a drink of water.	☐ Run in place.
☐ Read a book.	☐ Color a picture.
☐ Rock gently on a ball.	☐ Go outside.
☐ Rates in quiet area.	☐ Doodle or draw on paper.
☐ Take a walk.	☐ Write a poem.
☐ Listen to music.	☐ Ask someone for a hug.
☐ Do wall push ups.	☐ Ask for help.
☐ Do yoga.	☐ Play with clay.
☐ Play a game.	☐ Eat a healthy snack.

Date: _____

When I am frustrated, I can use my strategies.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Date: _____

When I am out of control I can use my strategies.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

