



My Feelings & Emotions Journal

Let's notice, name, and share our feelings.

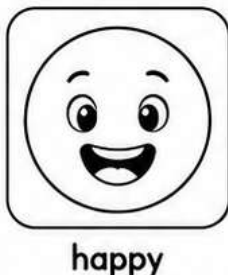
1 How do you feel today?

Circle how you feel today.



2 Color the feeling.

Color or mark the feeling that matches how you feel today.



3 I feel _____ because _____.



1

All feelings matter!





Feelings Match-Up

Look, think, and match the feelings.

1 Match the feeling words to the faces.

Draw a line from each word to the matching face.

happy

sad

mad

scared

excited



2 Read each scenario. Circle how the child feels.

You get a new toy you really wanted.



happy sad mad
scared excited

It starts raining on your picnic day.



happy sad mad
scared excited

You have to speak in front of the class.



happy sad mad
scared excited

Your friend surprises you with a gift.



happy sad mad
scared excited

3 Draw your feeling.



Draw a picture of how you feel right now.



I feel _____

2

I can **name** my feelings!





Happy Feelings

What makes you feel happy?

1 Trace and read the word.

happy

happy



2 Circle or color the pictures that can make you feel happy.



family hug



playground



favorite book



sunshine



birthday cake

3 I feel happy when _____.



3

Happy hearts shine bright!





Sad Feelings

It is okay to feel sad sometimes.

1 Trace and read the word.



sad

2 Circle the things that can help when you feel sad.



talk to an adult



hug a stuffed animal



draw a picture



take a rest

3 When I feel sad, I can _____.



4

I can get **help** when I feel sad.





Mad Feelings & Calm Down

Big feelings can get smaller.

1 Mad or calm?

Circle the **mad** face.
Put a star by the
calm face.



2 What helps you calm down?

Circle the calm-down
tools that are helpful.



take
deep breaths



count
to 5



squeeze
a pillow



ask for
help



quiet
corner

3 Calm your body.

Trace the star
as you breathe.

→ breathe in

→ breathe out



Now trace and say:

I can calm
my body.

5

Breathe **in**, breathe **out**!





Feelings at School

How might you feel at school?

1 Look at each picture. Match it to the feeling.

Draw a line to the feeling that matches.



happy



sad



scared



excited



calm

2 Choose the kind response or helpful adult support.

Circle the picture that is the best choice in each box.



or



or



or



or



or

3 At school, I can ask _____ for help.



6

School is a place to **learn** and **grow**!





Kind Choices

Kind choices help everyone feel better.

1 Circle the kind choice.

Look at each pair. Circle the kind choice.



2 Match the feeling to a helpful friendship action.

Draw a line to match each feeling with the best action.

1  I feel left out.

2  I feel angry.

3  I feel sad.

4  I feel worried.

•  Talk and listen with a friend.

•  Invite someone to join in.

•  Take a deep breath and count to 5.

•  Be kind and say something nice.

3 I can be a good friend by _____.



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Kindness makes hearts happy!





My Daily Check-In

Notice your feelings and what you need.

1 Choose today's feeling.

Circle the feeling that matches how you feel right now.



2 Match body clues to feelings.

Draw a line from each body clue to the feeling it matches.



Smiling face



Tears



Tight fists



Jumpy body



Slow, calm breaths



happy



sad



mad



excited



calm

3 Daily check-in.

Today I feel _____.

I need _____.

A helper is _____.



8

Checking in **helps** me grow!





My Calm-Down Toolbox

What helps you feel calm?

1 Circle the calm-down tools that help you feel calm.



2 Trace the phrase. Then practice!



Breathe in.
Breathe out.



3 Draw your favorite calm-down tool.



It helps me feel calm.

9

I know ways to **calm** down!





Review & Celebrate

Show what you know about feelings.

1 Match the feeling word to the face.



excited



sad



calm



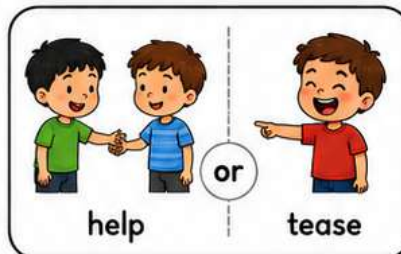
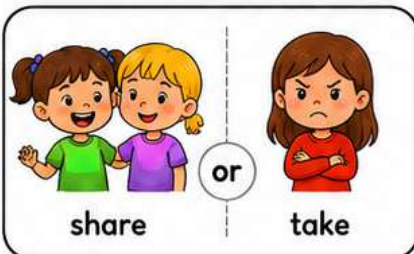
happy



mad

2 Circle the kind choice.

Look at each pair. Circle the kind choice.



3 Check how you're growing.

Read each statement. Check a box.



Yes!



Almost!

I can name my feelings.

☐☐

I can ask for help.

☐☐

I can calm my body.

☐☐

Draw a time you felt proud.



10

You are **learning** about your **feelings**!

