**Feelings Diary**

A feelings diary can help your child to identify and record their feelings. It will help them to understand that feelings can change. Spend time daily talking about one or two feelings your child may have. If they have difficult feelings (anxious, lonely, sad or frustrated) tell them that it’s completely normal to feel like this. You can also discuss that although we may at times feel difficult emotions/feelings we can reflect on the positives to help us to feel better. You can use the pictures to help children to come up with ideas for their chart.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Today I felt  (Draw a picture or write a sentence) | One thing that made me happy today…  (Draw a picture or write a sentence) | One thing that I am thankful for…  (Draw a picture or write a sentence) |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

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