

# MY EMOTIONAL JOURNAL



NAME: \_\_\_\_\_

# DAILY CHECK-IN



WHAT MADE YOU FEEL HAPPY TODAY?

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WHAT MADE YOU FEEL SAD TODAY?

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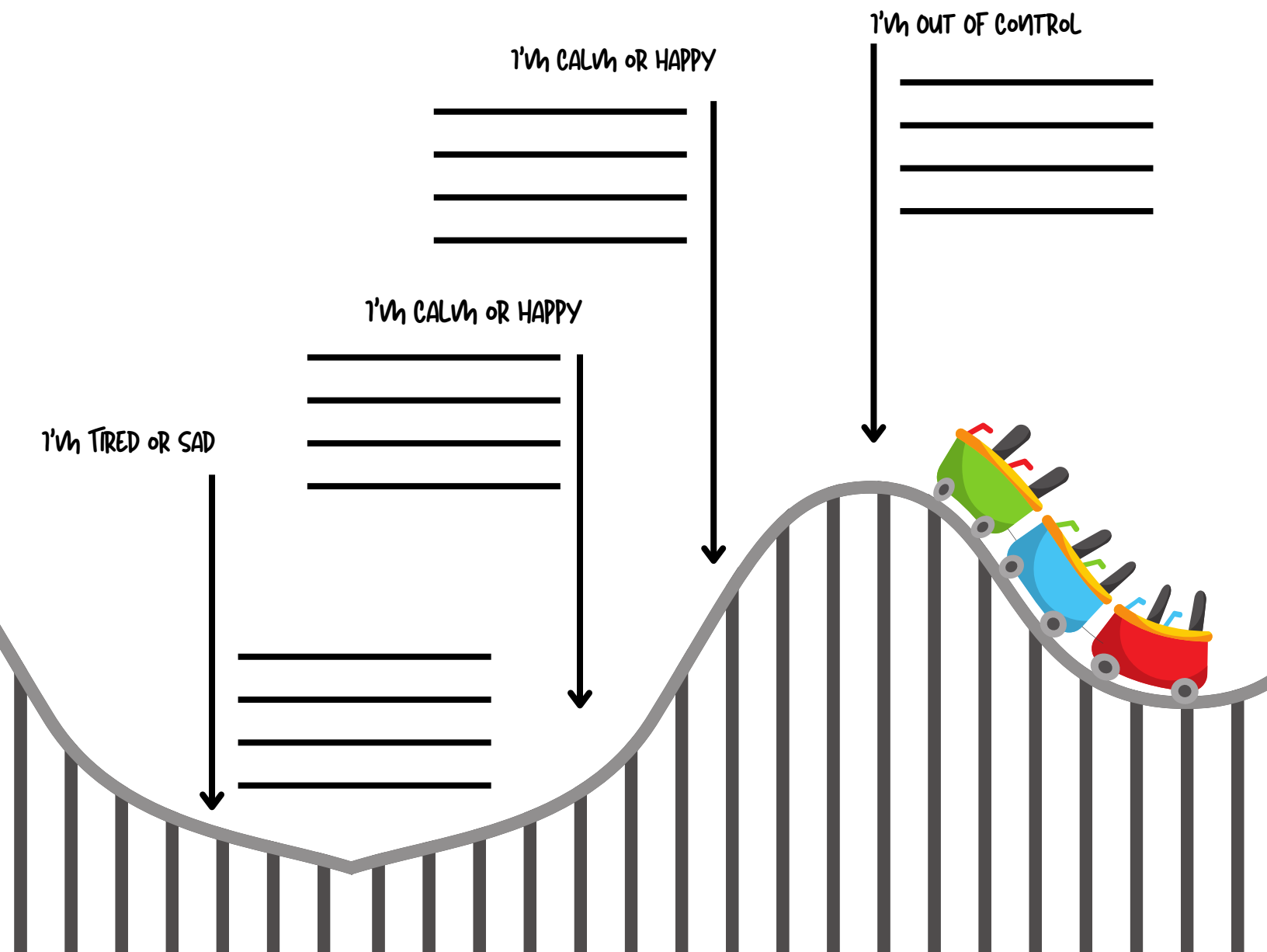
# SELF REGULATION ROLLER COASTER

## MY SELF REGULATION TOOLS

1.

2.

3.



# BREAKING DOWN BIG EMOTIONS

HOW DO YOU REACT WHEN YOU HAVE THESE BIG EMOTIONS?



HAPPY

"I SMILE THE MOST WHEN..."

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CURIOUS

"I WONDER ABOUT HOW..."

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CREATIVE

"I LIKE TO MAKE..."

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JOYFUL

"I FIND JOY IN..."

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# BREAKING DOWN BIG EMOTIONS

HOW DO YOU REACT WHEN YOU HAVE THESE BIG EMOTIONS?



**SURPRISED**

"SURPRISES MAKE ME FEEL..."

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"WHEN I'M ANGRY I..."

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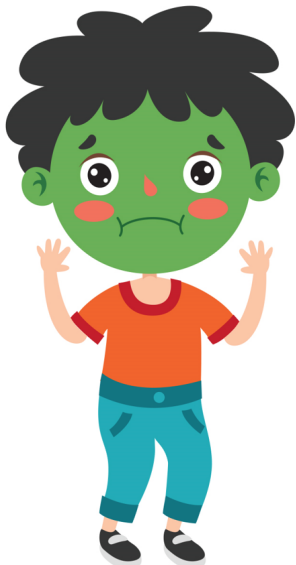
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**ANGRY**



**DISGUSTED**

"I FEEL DISGUSTED WHEN..."

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"IF I'M OVERWHEMLED I..."

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**OVERWHELMED**

# BREAKING DOWN BIG EMOTIONS

HOW DO YOU REACT WHEN YOU HAVE THESE BIG EMOTIONS?



"WHEN I FEEL SCARED I CAN..."

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SCARED



"WHEN I'M TIRED I WILL..."

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TIRED



"WHEN NO ONE IS AROUND I..."

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LONELY

"ANXIETY MAKES ME FEEL..."

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ANXIOUS

# SHOWING EMOTION WITH BODY LANGUAGE

WE DONT ALWAYS HAVE TO USE OUR VOICE TO SAY HOW WE FEEL!  
MATCH THE FACE WITH THE EMOTION!



EXCITED



SAD



OVERWHELMED



ANGRY

LAUGHING



PLAYFUL

