

My Feelings Journal

a free starter page

For little hearts aged 4–10. Print me, then fill me in — five quiet minutes is plenty.

How do I feel today?

Circle the face that fits — or draw your own in the last circle.



happy



sad



cross



worried



calm



excited



my own

Today's colour

If today had a colour, what would it be? Colour this box in.



Three gentle questions

There are no wrong answers. You can write, or draw, or both.

1 What was the kindest thing that happened today?

.....

.....

2 One thing that felt heavy today was...

.....

.....

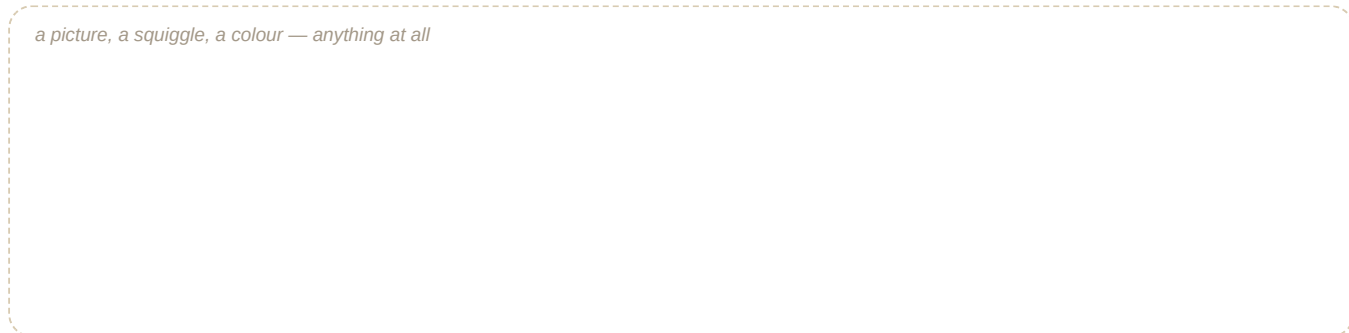
3 Where in your body do you feel safe?

.....

.....

Draw how today felt

a picture, a squiggle, a colour — anything at all



Loved this page? **My Feelings Journal** is a printable book of gentle guided prompts, body-mapping pages and feelings words — a soft, no-pressure place for a child to put the storm.

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