

Name _____

Date _____

My Emotions Journal

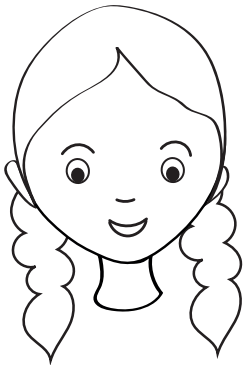
Create a cover for your emotions journal, then draw a picture for the first page of your new journal.

Color in your journal cover!

MY EMOTIONS JOURNAL

_____ name

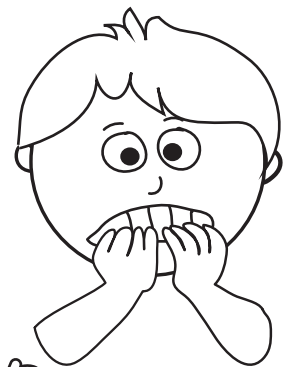
happy



excited



scared



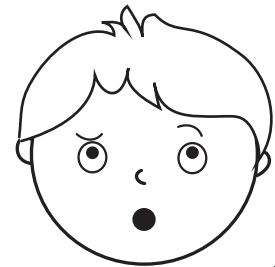
angry



confident



confused



Name _____

Date _____

My Emotions Journal

Journal Page 1

Draw a picture of something that makes you feel **happy**:

