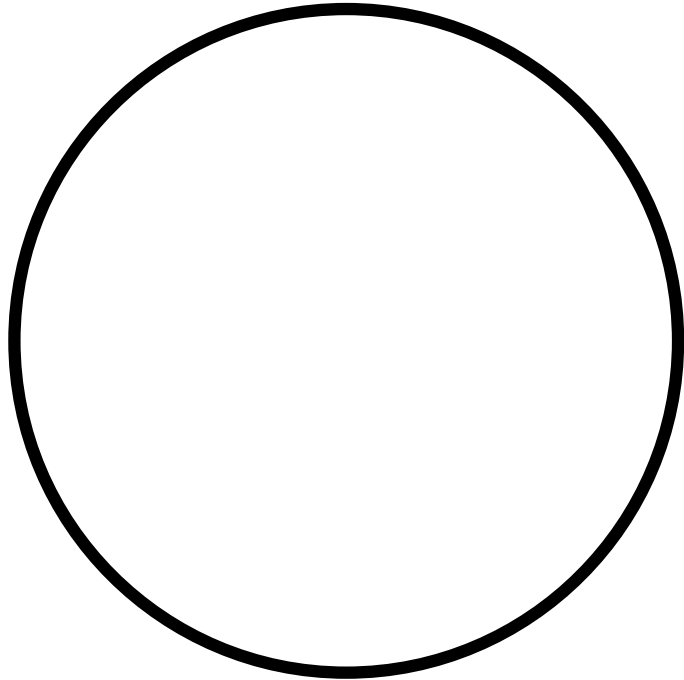


My Day



Draw a memory from your day. Then trace the circle with the color for the feeling. Use the lines below to write what happened.



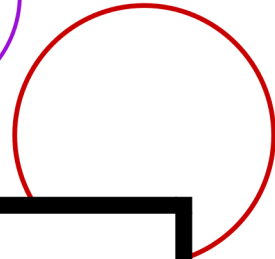
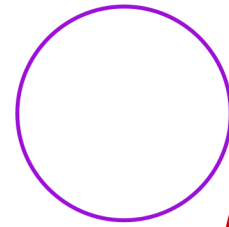
My Memory:

Date: _____

Four horizontal lines for writing the memory.

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MY "INSIDE OUT" FEELINGS JOURNAL



BY:

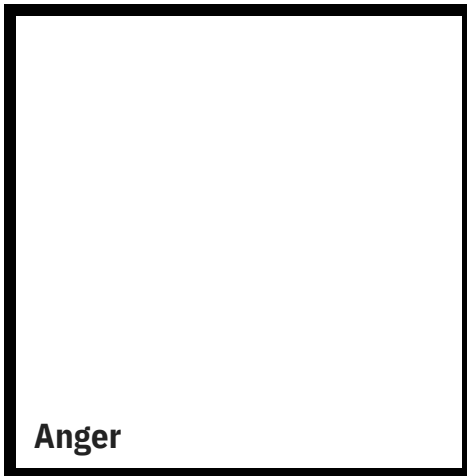
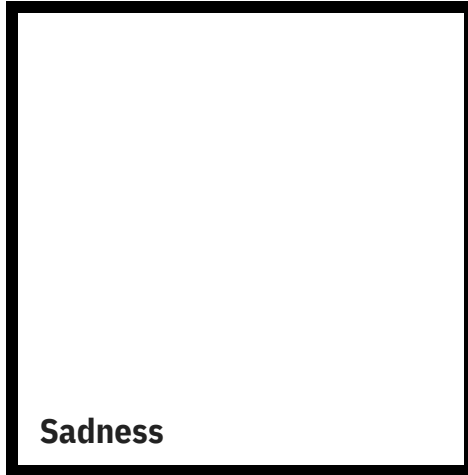
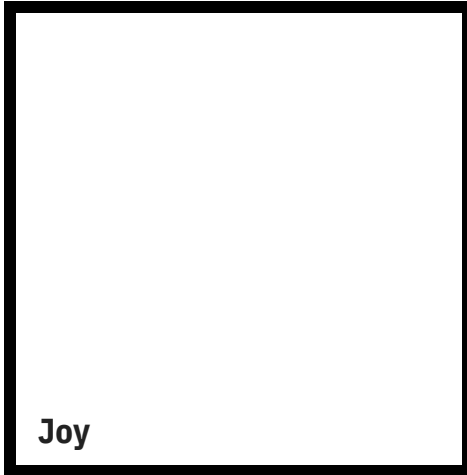
A rectangular box for writing the name.



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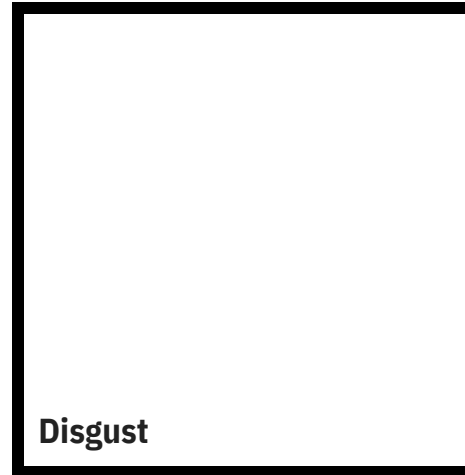
Meet My Feelings

Draw a character for each of your feelings and give it a color.



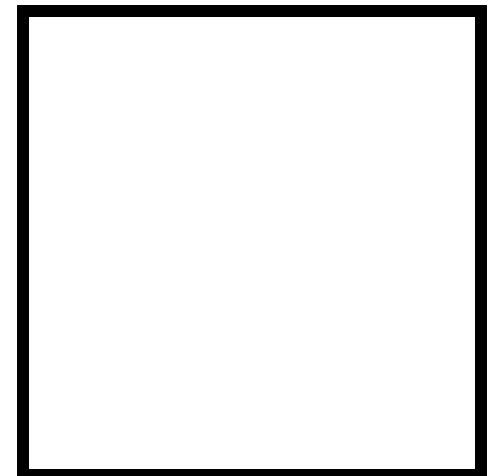
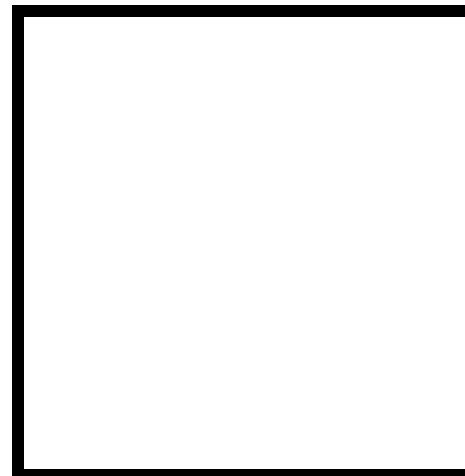
Meet My Feelings

Draw a character for each of your feelings and give it a color.



You can choose two more feelings to add from the list below or think of your own:

- Confusion
- Love
- Shyness
- Worry
- Silliness
- Boredom
- Confidence
- Surprise
- Content
- Embarrassment



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