

# Feelings Diary

It's really helpful for children to be able to recognise their emotions and also to understand that feelings change over time.

Complete the Feelings Diary with your child every evening for a week. It can be a great way to spark conversations about what's happened that day at school.

Do this activity at the start of the new school year and a few weeks into term. This can help children to reflect on how they are adjusting and realise that difficult feelings often don't last for long. If your child is finding school tough it's a great opportunity to talk about why, and if there is anything they can do to help themselves feel better.

## The Golden Rules for a Choosing a Good Solution!



**It improves the situation or makes me feel better (or both)**

When we cannot improve or change the situation, we can use coping strategies that help us feel better.



**It doesn't hurt me or anyone else**

There are two types of coping strategies when things are difficult; ones that improve the situation, like talking to a teacher about finding work difficult, and ones that help you feel better when the situation can't be changed, such as breathing exercises to help you feel calmer. Try to come up with a range of solutions that could work for both types of situations.

# My Feelings Diary

Every evening for a week, complete your Feelings Diary.

What changes over the course of the week?

Repeat the exercise again in a few weeks- what's different?

On Monday morning I felt

In the afternoon I felt

On Tuesday morning I felt

In the afternoon I felt

On Wednesday morning I felt

In the afternoon I felt

On Thursday morning I felt

In the afternoon I felt

On Friday morning I felt

In the afternoon I felt

## Let's talk...

If you often feel sad, stressed or angry, it's important to talk to someone about it.



HAPPY



ANGRY



NERVOUS



SAD



JEALOUS