My Feelings Journal

A place to notice, name, and honor how I feel.

Date: _____

Today's weather (on the inside)

○ ○ ○ ○ ○ ○

How an I feeling right now?

- Happy
- Calm
- Anxious
- Excited
- Tired
- Confused
- Scared
- Frustrated
- Silly
- Sad
- Embarrassed
- Loved

What happened today?

Draw or write about something from today

My body felt...



- ○ Tense
- ○ Relaxed
- ○ Heavy
- ○ Light
- ○ Shaky
- ○ Calm
- ○ Sore
- ○ Other: _____

What helped me today?

- ○ Took deep breaths
- ○ Talked to someone
- ○ Took a break
- ○ Moved my body
- ○ Listened to music
- ○ Drew or created
- ○ Something else: _____

The best part of my day was...

Something I want to remember...

A kind thing I did (or someone did for me):

What can I do tomorrow if I feel this way again?

All feelings are okay. I am learning, growing, and doing my best.

© 2026 SELestial Academy™ · www.SELestialAcademy.com · All Rights Reserved.