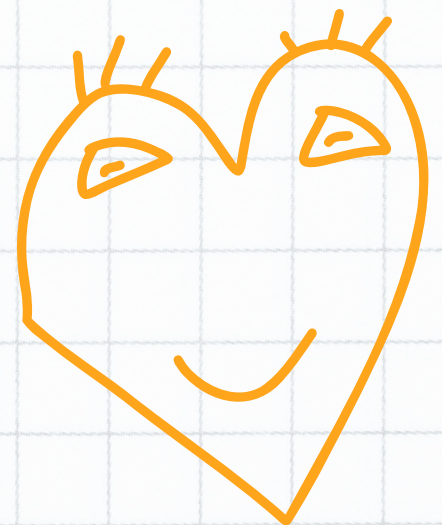
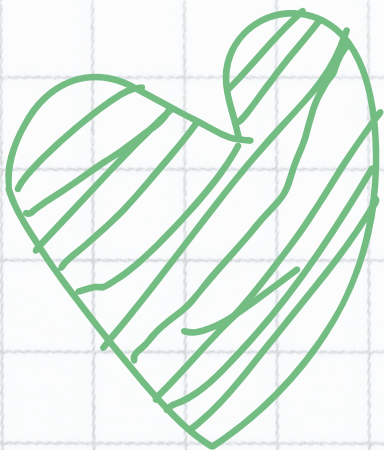
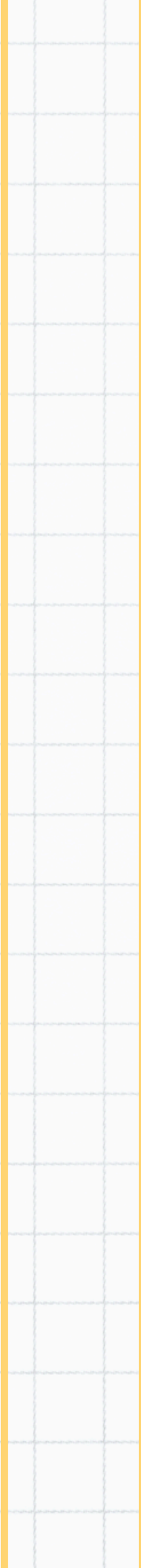




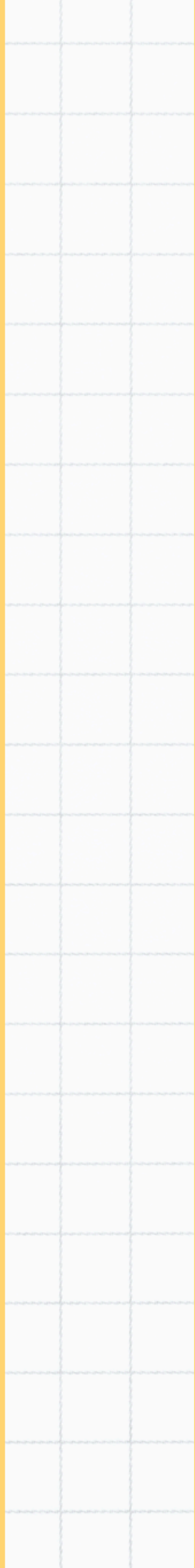
MENTAL HEALTH JOURNAL FOR KIDS



1 INCH SPINE



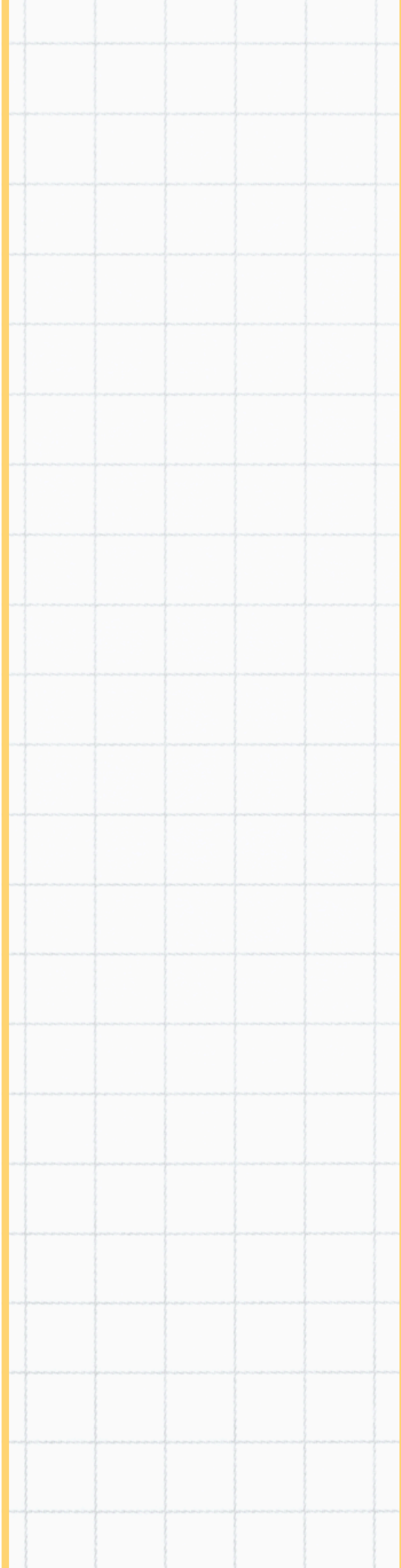
1 & 1/2 INCH SPINE



2 INCH SPINE



3 INCH SPINE



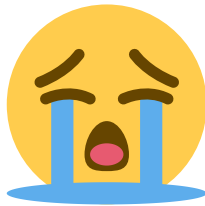


This journal belongs to:



ALL FEELINGS ARE OKAY

Circle how you feel today:



Why do you feel this way today?



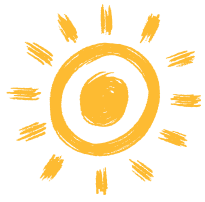


What might help this feeling right now?





DRAW YOUR MOOD

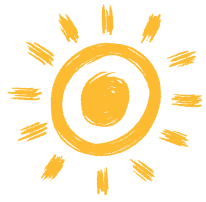


Draw how your heart feels today.

A large, empty rectangular box with rounded corners and a light green border, intended for drawing.



WHAT MADE ME SMILE TODAY



One thing that made me smile today was...

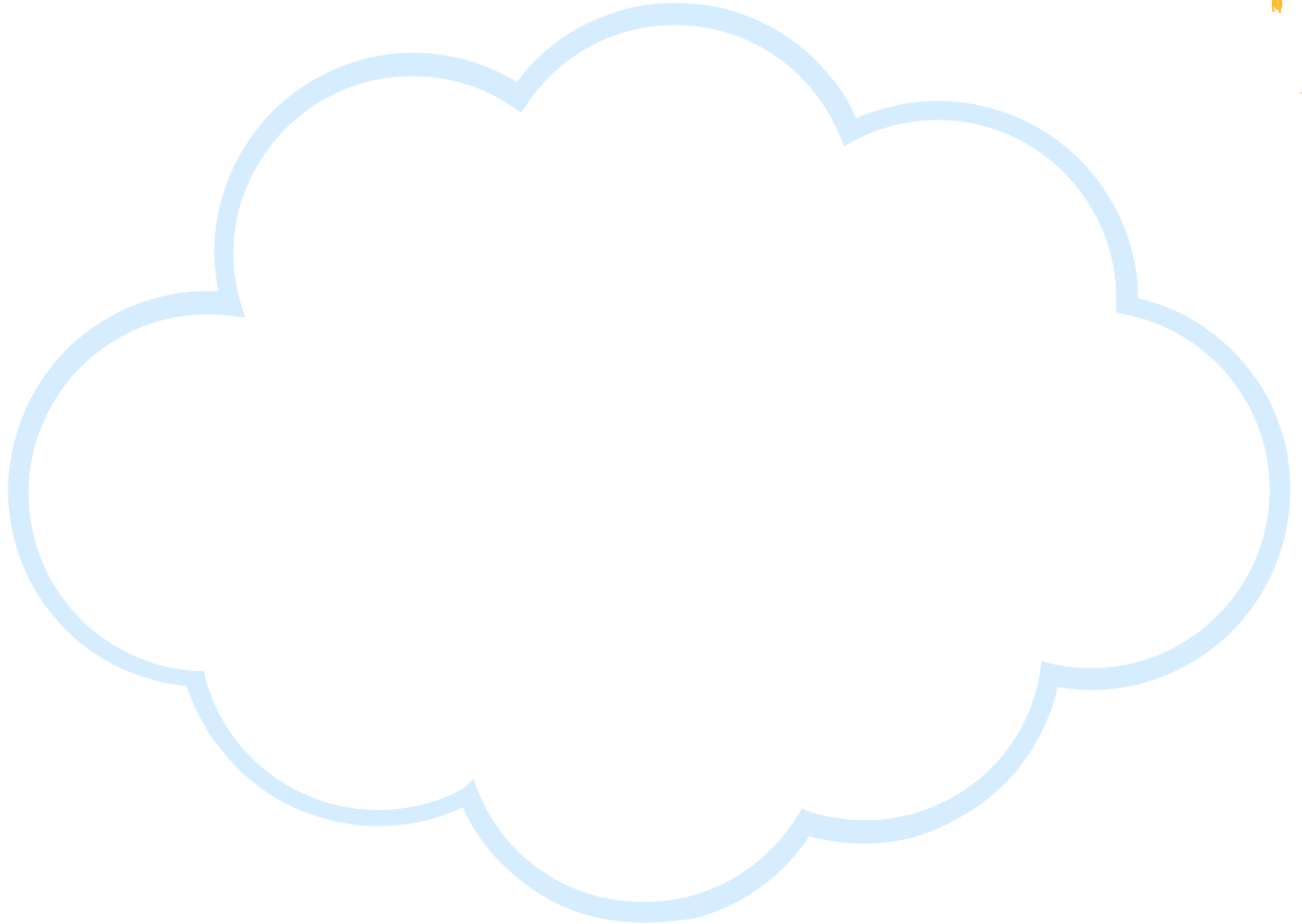
Who was with you when this happened?

(draw or write)

★ CLOUD OF HARD THINGS

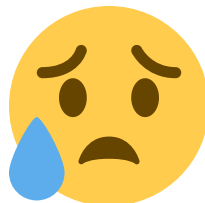


Something that was hard today ...



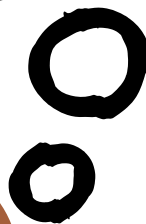
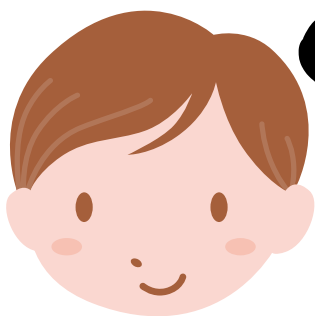
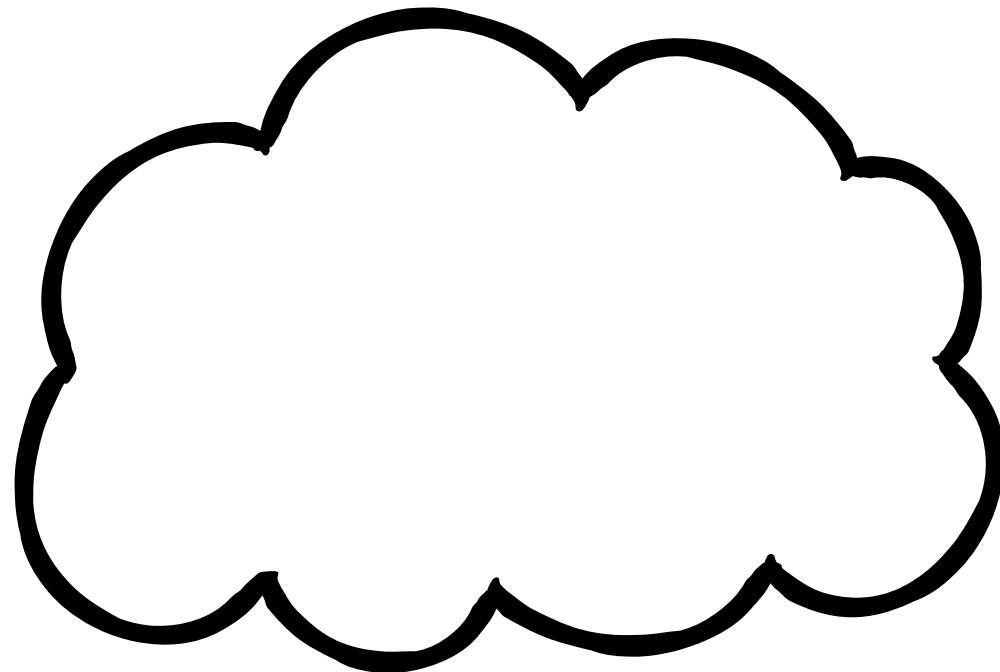
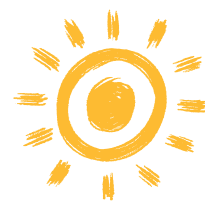
It made me feel ...

(circle how you feel)



MY WORRY PAGE

Something that made me worry today ...



What might help a little?



CALM DOWN CORNER



When I feel upset, I can...

(Color what helps you!)

Take deep breaths

Hug my toy or pillow

Listen to music

Play with my pet

Take a short walk

Talk to someone

Rest or lie down

Drink some water

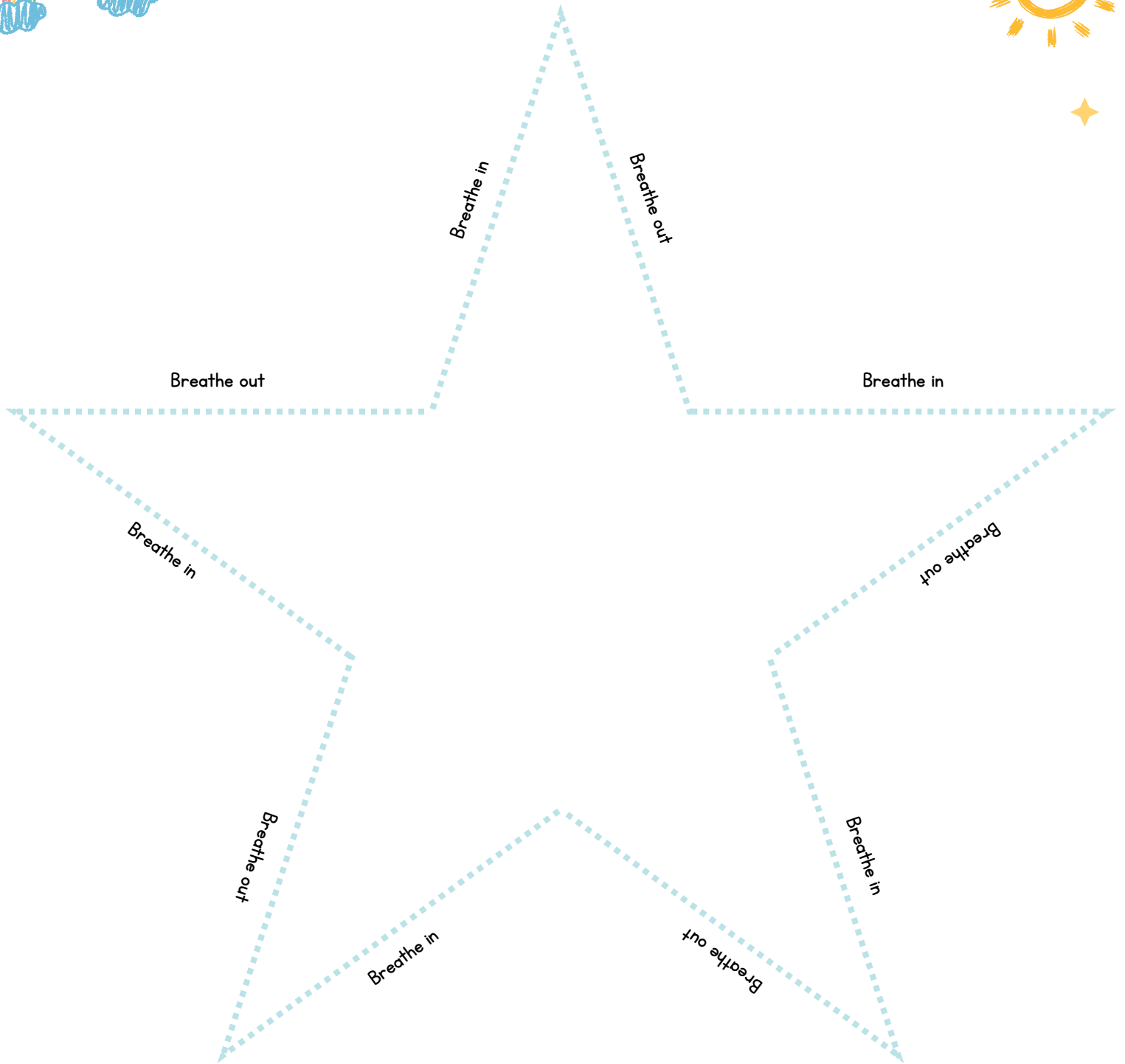
Read a book

How do you feel after doing one of these?

★ BREATHING WITH SHAPES



Trace the shape slowly and breathe in and out.



THINGS I LOVE ABOUT ME

I am good at ...

I am proud of ...

Draw yourself.

I try my best at ...

I am kind because ...



MY SAFE PLACE



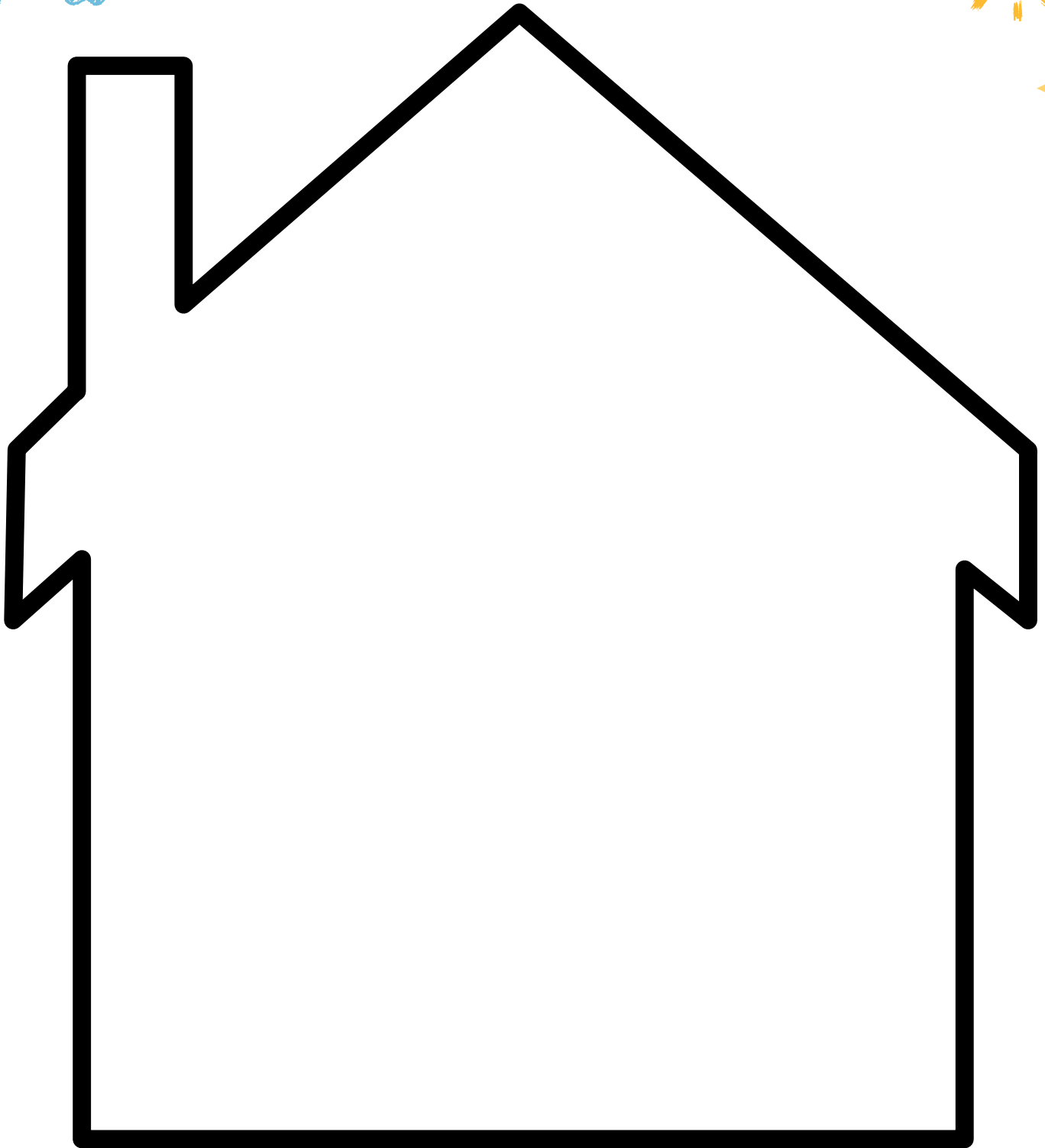
Draw a place where you feel safe and happy.

A large, empty rounded rectangular box with a thin green border, intended for drawing a safe place.

★ WHO HELPS ME FEEL SAFE

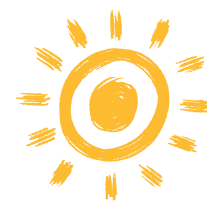
The people that make me feel safe:

(draw or write names inside the house)



GRATITUDE JAR

Write the things you are thankful for...



★ MY BIG FEELINGS PLAN



When I feel really big feelings, I will ...



5

4

3

2

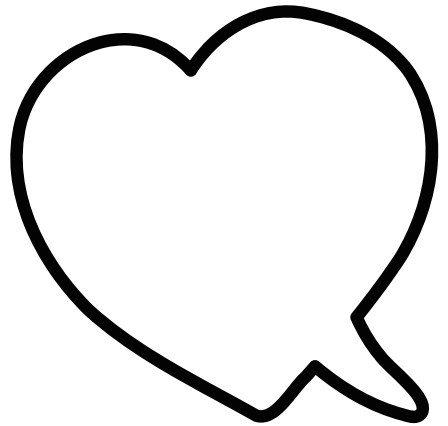
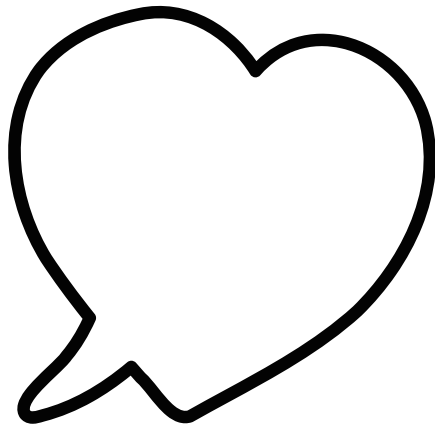
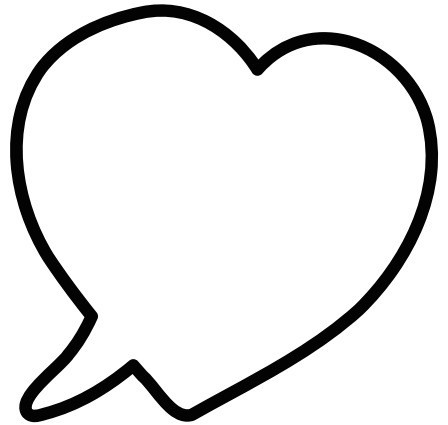
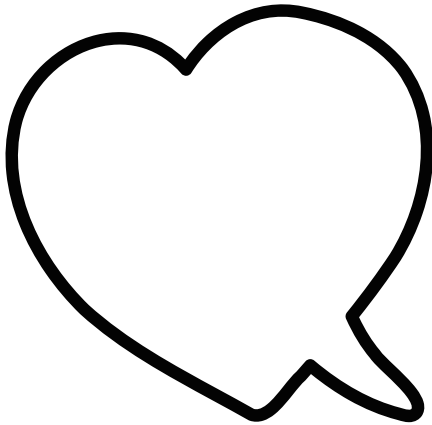
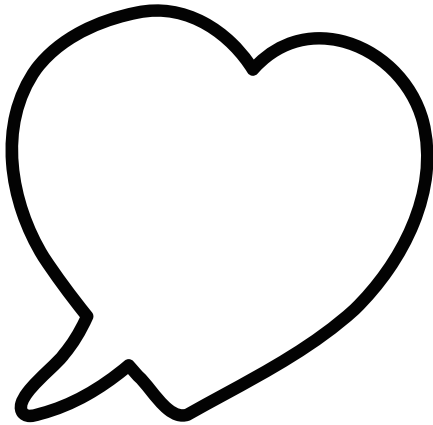
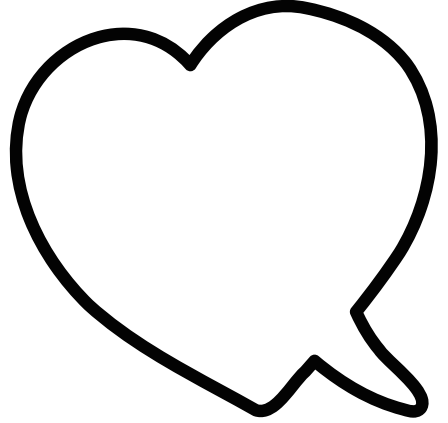
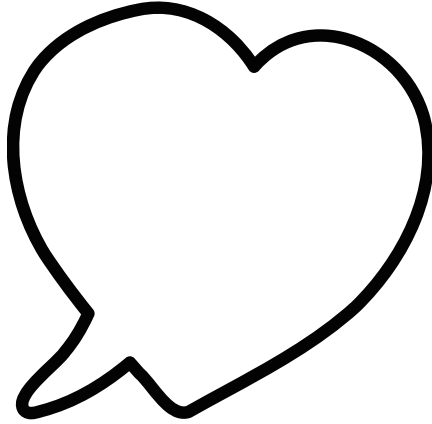
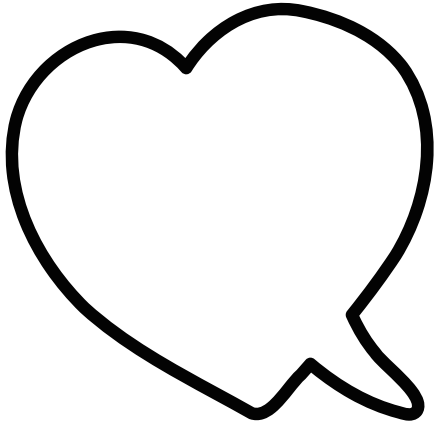
1



KIND WORDS FOR ME



I can say this to myself when I'm sad:



DRAW & FEEL PAGE

Draw anything you want today.



A large, empty rectangular area with rounded corners, outlined in a light green color, intended for drawing.