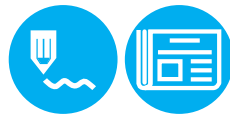


Our feelings diary

You will need



A feelings diary can help your child to identify feelings and help them understand that feelings change.

Try to spend time talking about one or two feelings your child has had each day. If they have difficult feelings (anxious, lonely, sad or frustrated) tell them that it's okay to feel like this and completely normal, especially because of everything that is happening.

Use the pictures from the [Feelings Chart](#) to help children to come up with ideas.

Today I felt
(Write a sentence)

Today I felt
(Draw a picture)

One thing that made me happy
(draw or write a sentence)

	Today I felt (Write a sentence)	Today I felt (Draw a picture)	One thing that made me happy (draw or write a sentence)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Feelings chart

Use this chart to identify and talk about feelings you and your child might have.

