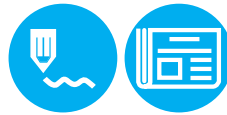


# Our feelings diary

## 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' on the following page 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)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			