



Feelings Journal

Grades K-12



Navigate**360**

The Leader in Holistic Safety

Feelings Journal

Print out Feelings Journals for each member of your classroom (or use a separate notebook). Have students respond in their Feelings Journal at least once per week. These journal entries can be used to help students recognize patterns in their feelings and behaviors and understand and respond to how they feel. You can also use the following prompts to guide you:

Feelings Journal, Grades PreK-2

- How do you feel right now? Why?
- What makes a good friend?
- What makes you happiest?
- What are you afraid of?
- What is your favorite thing to do? How does it make you feel?

Feelings Journal, Grades 3-5

- Which emotions make you feel comfortable?
Which make you feel uncomfortable?
- What are some ways you use to relax?
- Describe a time you were surprised. How did it make you feel?

Feelings Journal, Grades 6-8

- Who is the most important person in your life? Why?
- Who do you trust most?
- What does it feel like to make good choices?
- How do you show gratitude to others?

Feelings Journal, Grades 9-12

- What difficult emotions are you wrestling with right now?
- What are you most grateful for?
- What motivates you?
- What's the most important goal you've ever set and reached?

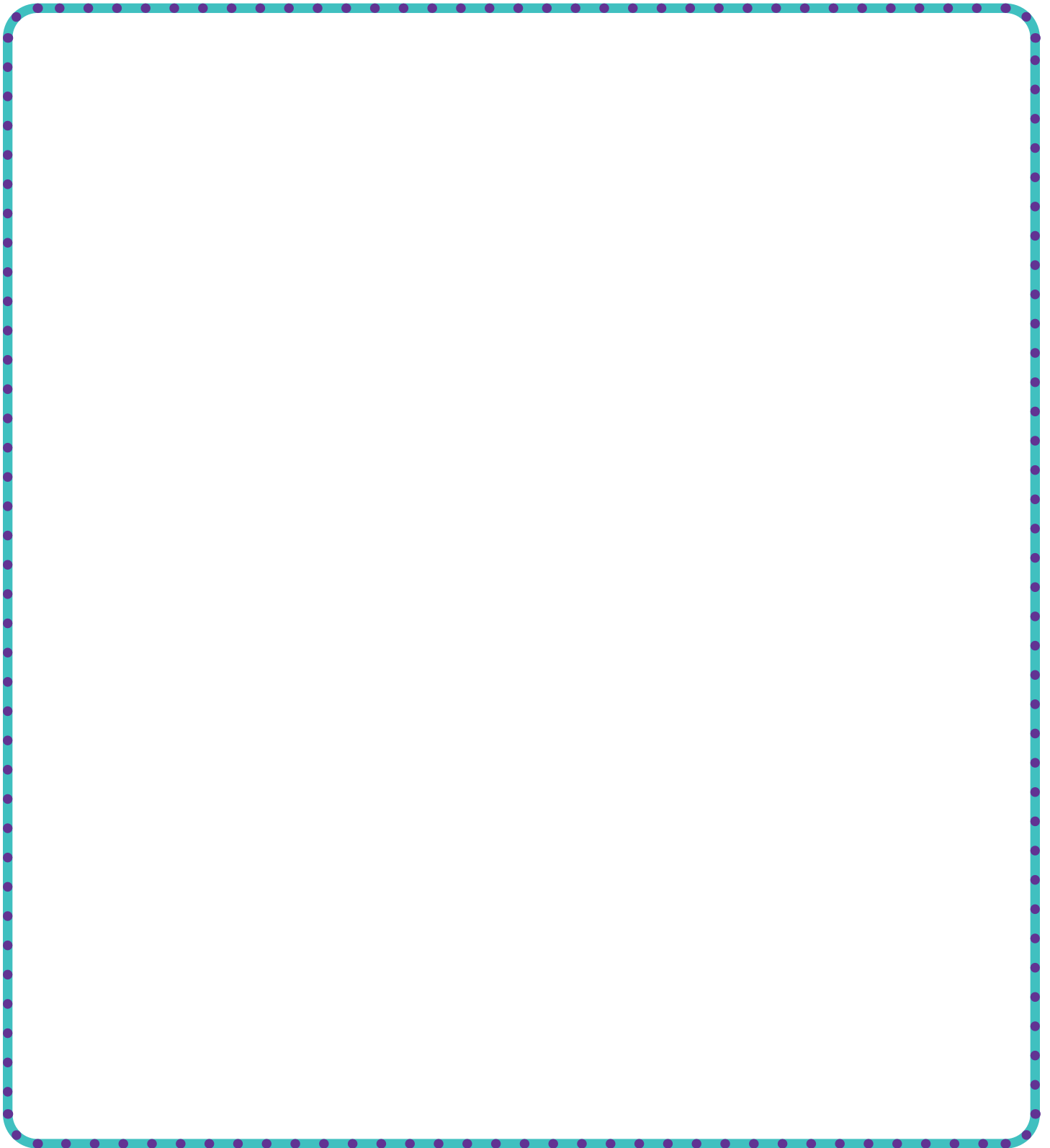


Feelings Journal | Grade PreK

Date _____

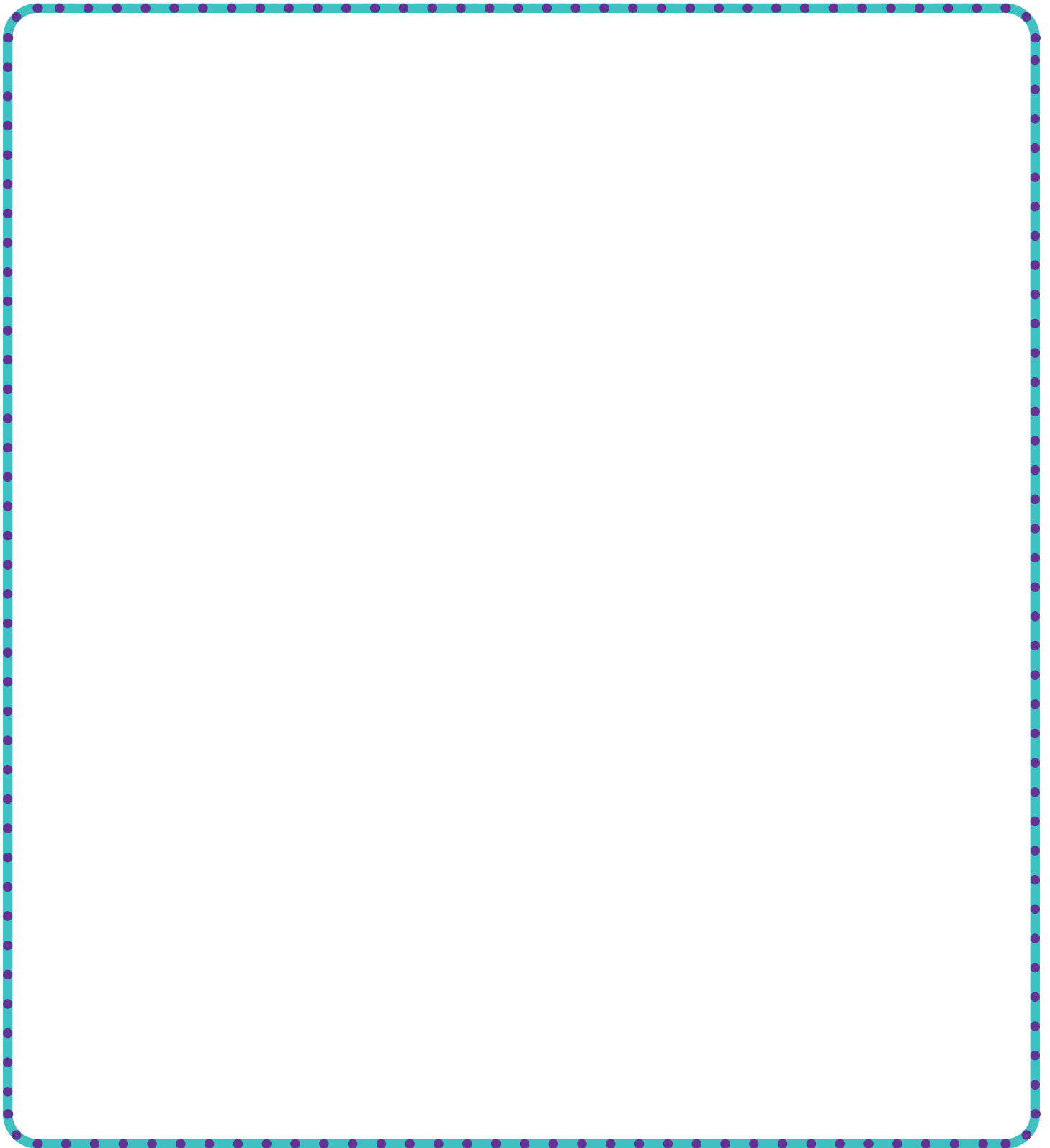
Feelings Journal | Grade K

Date _____



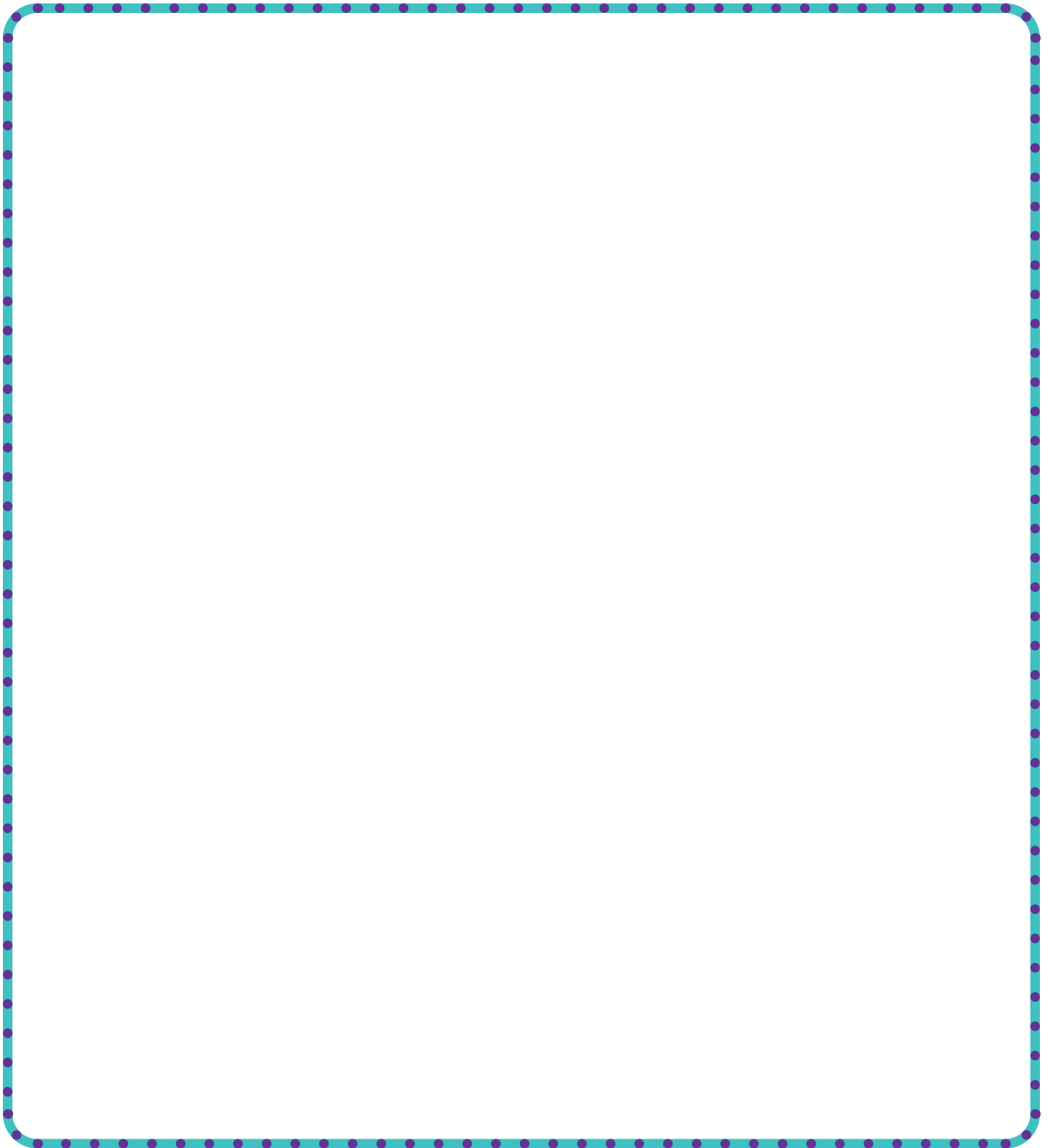
Feelings Journal | Grade 1

Date _____



Feelings Journal | Grade 2

Date _____



Feelings Journal | Grade 3

Date _____



Feelings Journal | Grade 4

Date _____



Feelings Journal | Grade 5

Date _____



Feelings Journal | Grade 9

Date _____

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Feelings Journal | Grade 9

Date _____

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Feelings Journal | Grade 10

Date _____

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Feelings Journal | Grade 10

Date _____

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Feelings Journal | Grade 11

Date _____

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Feelings Journal | Grade 11

Date _____

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Feelings Journal | Grade 12

Date _____

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Feelings Journal | Grade 12

Date _____

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