



MY  
"INSIDE OUT"  
FEELINGS  
JOURNAL

BY:

# Meet My Feelings

Draw a character for each of your feelings and give it a color.

Joy

Sadness

Anger

Fear

# Meet My Feelings

Draw a character for each of your feelings and give it a color.

Disgust

You can choose two more feelings to add from the list below or think of your own:

Confusion      Shyness

Love              Surprise

Worry            Content

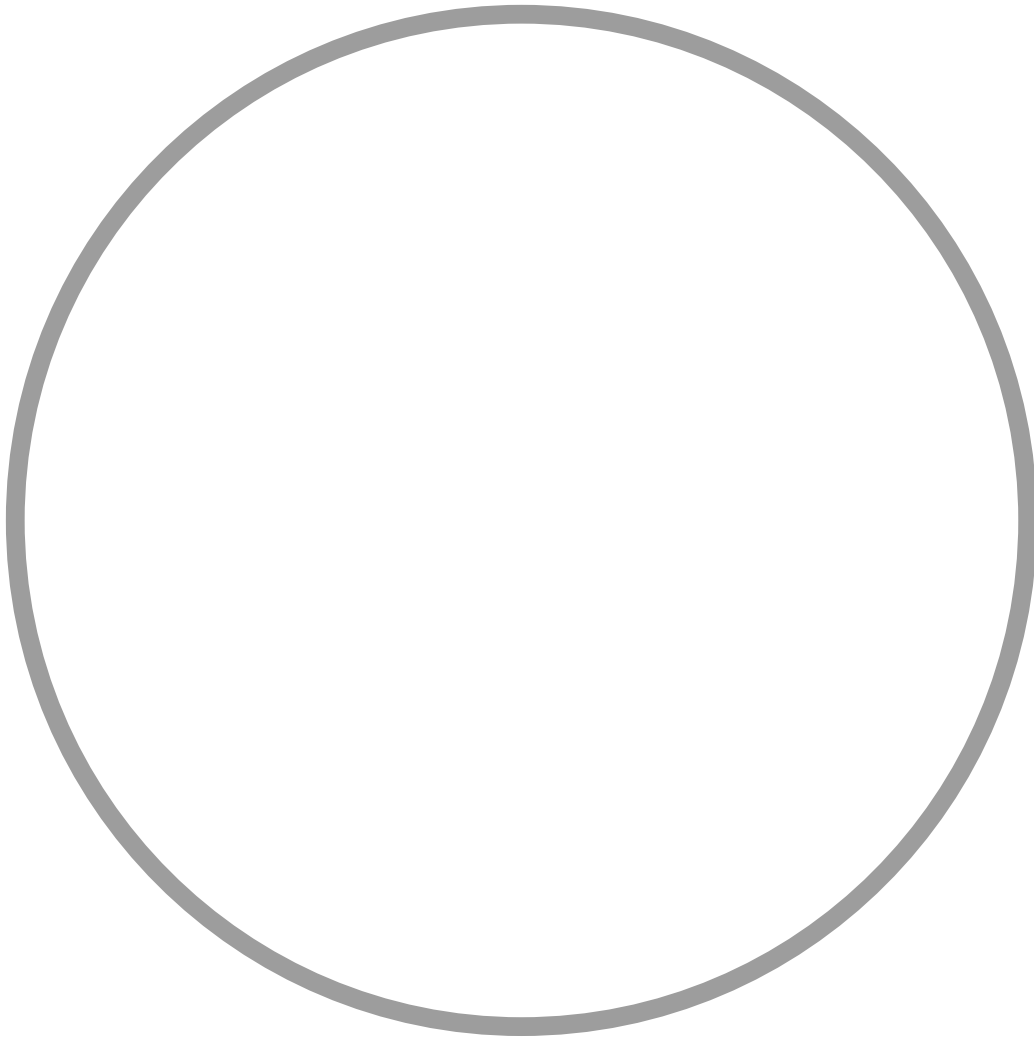
Silliness         Boredom

Confidence      Hurt

Embarrassment

# My Day

Draw a memory from your day. Then trace the circle with the color for the feeling. Use the lines below to write what happened.



My Memory:

Date: \_\_\_\_\_

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