



**My Primary &
Secondary Tutor**

BUILDING CONFIDENCE TOGETHER



EMOTIONS FIRST FEELINGS JOURNAL





WELCOME

Let's get started!

We all know that children can struggle when it comes to their emotions and in an ever changing world, children's mental health is now at the forefront of both parent's and educator's minds. The first step for any child in managing their emotions is to recognise them, and this journal is designed to help them do just that. The Daily Feelings Record can be printed out as many times as needed and used on a daily basis - either as a routine at the end of the day, or when you feel your child needs some emotional support. We feel it's really important to help children process the bad, but to remember the good too - a healthy balance is necessary. We hope this resource will help you and your child manage emotions positively together.





TODAY I FEEL

Use these emotion words to describe how you are feeling today.



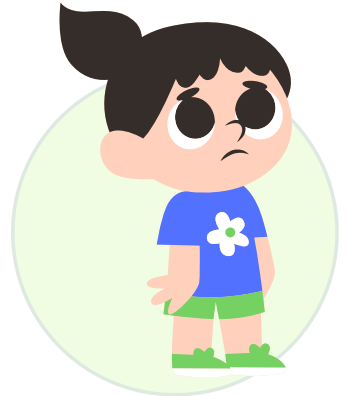
happy



excited



scared



sad



disgusted



upset



sleepy



annoyed



proud



worried



silly



exhausted



Daily Feelings Record

Journaling our feelings can help us to understand them better - we can get better at recognising what we feel - and why we feel that way! Print this page off as many times as you like and write - or draw (or both) your feelings each day!

Today I feel:

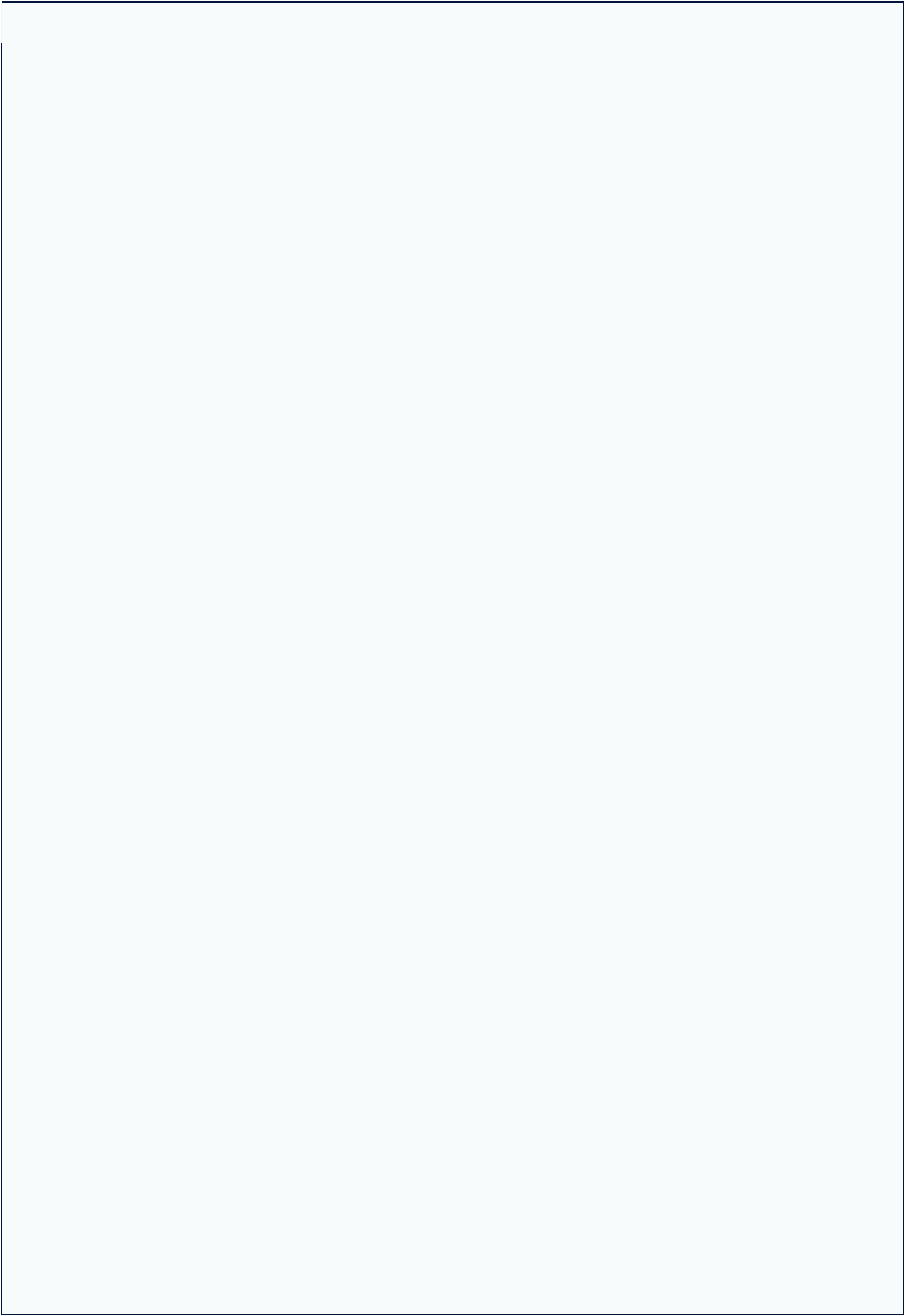
One hard thing that happened today:

One good thing that happened today:

Do you want to say more?

Use this space to draw or write some more about what made you feel good. If something didn't make you feel good, can you explain why?







Check-in

Feelings can be overwhelming for us and that is completely okay!
Check-in with your own feelings and see if you can figure them out.
Then, fill this container with feeling colors to show how much of each
you have right now.



Angry

Happy

Sad

Nervous

Excited

Calm



I feel happy when



Use this space to write or draw about the things that make you feel the happiest!





I feel sad when

.....

.....

Use this space to write or draw about the things that make you feel sad or upset.





I feel angry when



Use this space to write or draw about the things that make you feel angry, or cross.





I feel _____ when

.....

Use this space to write or draw about the things that make you feel _____

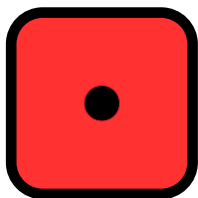
.....





Roll and write

Roll the die and write your thoughts in your journal.



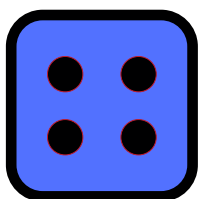
What makes you feel better when you are upset?



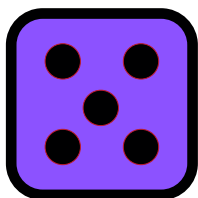
If you could have a superpower,
what would it be?



How are you feeling today and why?



What is something you are really good at?



What are going to do today or what have you done
today?



What's one thing you are grateful for and why?



Special Space

Do you have something special you want to share in your journal?
Use this space to write or draw about anything else you want to share.





DON'T STOP NOW!

Supporting your child's emotional wellbeing is one of the most valuable investments you can make in their future.

At My Primary and Secondary Tutor, we're here to guide you and your child on this important journey.

Our Emotions First course is designed to help children:

- ☀ Understand their emotions – Recognising and naming feelings is the first step to emotional intelligence.
- ☀ Identify triggers – Learning what prompts their emotional responses helps children feel more in control.
- ☀ Manage emotions positively – With simple, practical strategies, your child can build the skills to handle challenges with confidence.
- ☀ Gain independence – By teaching self-regulation techniques, we empower children to manage their emotions independently.

Our experienced team of tutors will work with you to give your child the tools they need to thrive emotionally and academically.

📌 Ready to take the next step? Contact us at

Karen@myprimaryandsecondarytutor.com or visit [Emotions First](#) to find out more.

Let's work together to support your child's emotional growth and help them shine! ❤️

Karen

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www.myprimaryandsecondarytutor.com

