

My Feelings Journal with Pip the Caterpillar

Learning objective: To identify, name, and express a range of emotions and understand how they affect our actions.

Today, Pip the Caterpillar is learning all about feelings! Use this journal to think about how you feel today. You can write your own words or ask an adult to help you scribe your thoughts. Remember, all feelings are okay to have!

Word bank: happy · sad · excited · brave · calm · worried · surprised · proud · kind

1. How are you feeling today? Tell Pip what your feeling is called.

2. What happened to make you feel this way? Draw a picture in the box below to show the moment.

3. Where do you feel this feeling in your body? (For example: in your tummy, your smile, or your hands).

4. If you are feeling a bit sad or worried, what is one thing you can do to feel better?

5. Can you think of a way to be kind to a friend who is feeling sad today?

Extension challenge: Ask a friend or an adult how they are feeling today and see if you can find a way to make them smile!