

My Feelings Diary with Leo the Lion

Learning objective: To identify and express different emotions while understanding that all feelings are okay and manageable.

Help the children reflect on their day. Read the prompts to them and encourage them to draw or write about how they felt. Use this to start a conversation about emotional regulation and comfort.

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

1. How am I feeling right now? (You can use a word from the bank or your own word):

2. What is one thing that happened today that made me smile?

3. If I feel a bit sad or worried, who can I talk to for a cuddle or help?

4. What is one thing I can do to feel calm, like taking a deep breath or hugging a toy?

5. How was I a kind friend to someone else today?

Extension challenge: Ask the children to draw a 'comfort box' filled with the things, people, or activities that make them feel safe and happy.