My Feelings Journal with Nova the Owl

Learning objective: To identify, describe, and understand a range of complex emotions and how they influence our behaviour.

Nova the Owl knows that it is important to reflect on how we feel throughout the day. Use this journal template to explore your emotions. Think about what triggers these feelings, how they feel in your body, and what healthy actions you can take to manage them.

Word bank: frustrated · anxious · content · overwhelmed · determined · resilient · cautious · excited · peaceful · confused

1. Identify a specific feeling you have experienced recently. Describe the situation that triggered this emotion and why it occurred. (2 marks)

2. Where do you feel this emotion in your body? For example, do you feel a tightness in your chest, a flutter in your stomach, or a tension in your shoulders? (2 marks)

3. How did this feeling change your behaviour? Did you want to talk to someone, take space alone, or perhaps express yourself through an activity? (2 marks)

4. What is one 'self-regulation' strategy you could use next time you experience this feeling to help you feel calm or balanced? (2 marks)

5. If a friend was feeling this way, what kind or encouraging words would you say to them to show empathy? (2 marks)

Extension challenge: Choose one of the emotions from your journal and create a 'Feelings Map' or a piece of abstract art that uses colours and shapes to represent how that emotion feels to you.