

# Emotional Journey Journal

## Fancy That . . . It's a Fact!

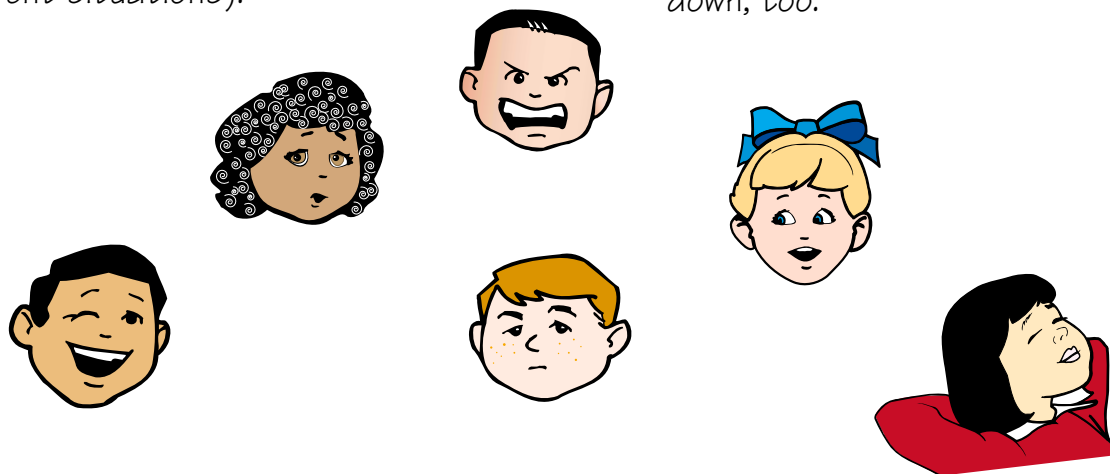
People have lots of feelings, especially young people who are growing up and are going through a lot of changes. What goes on in our minds can have an effect on all parts of our lives. If we are unhappy, we might not feel like doing fun things or spending time with friends. If we are angry all the time, we might have trouble communicating with our friends and family, and we may get into a lot of unnecessary arguments. Remember, it's natural to feel bad once in a while, but sometimes it gets to be too much. One way to try to increase your good feelings and decrease your bad feelings is to identify what causes those feelings. Keeping a journal is a good way to keep track of your thoughts, feelings, and coping strategies (how we deal with different situations).

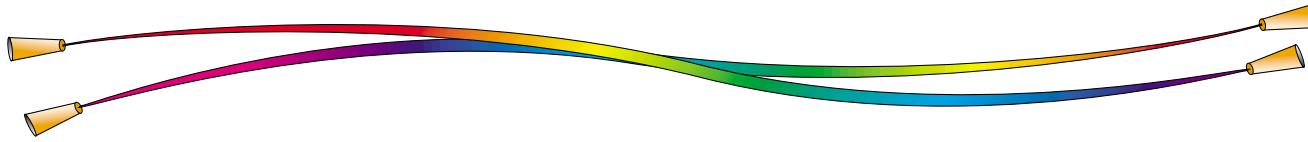
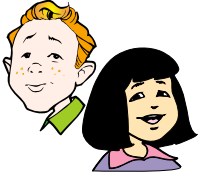
## Materials

- notebook
- pen or pencil

## Let's Do It!

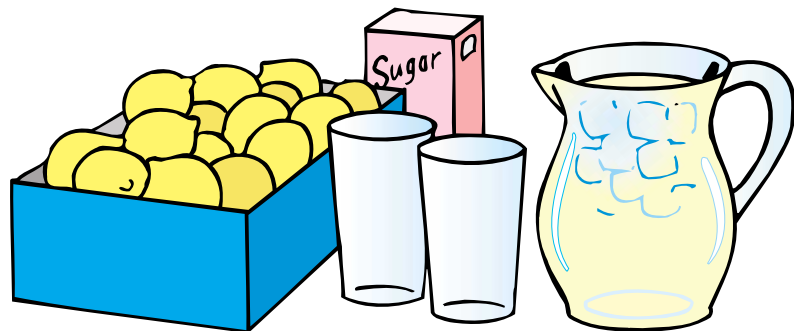
1. Make a seven-day log out of your notebook. Each day should have its own page, with the day, date, and two columns—one for good feelings and one for bad feelings. See the Sample Journal Page (page 101). The eighth page will be your weekly summary. (See sample on page 102.)
2. Each time you experience a feeling, write a sentence or two about it. For example, if you are feeling angry, write what made you angry, who made you angry if someone else was involved, what finally made the anger go away, and anything else you think is important. Sometimes you might feel more than one emotion at the same time, and you should write this down, too.





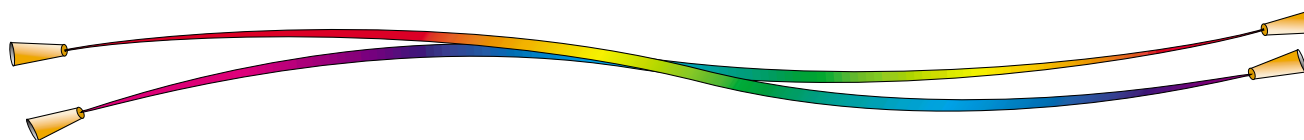
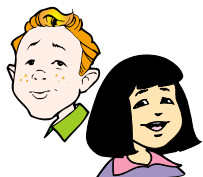
## Emotional Journey Journal (cont.)

3. At the end of the week, look back through your journal and answer the following questions on page 8 (your weekly summary):
- How many times during the week did you feel good feelings (happiness, excitement, love, compassion)? How many times did you feel bad feelings (anger, fear, sadness, confusion, discouragement, hurt, stress)? If you continue to make journal entries for more than a week, compare these numbers each week. Are you feeling more good feelings and fewer bad feelings as time goes by?
  - Pick three situations that made you feel bad. Circle them on the journal pages where you wrote about them. How could you have made lemonade out of the lemons?



In other words, how could you have looked at the situations in a way that might have produced good feelings instead? For example, you may have felt discouraged because you didn't understand a math problem right away at school. However, if you had looked at the math problem as a challenge to be overcome by working hard and being persistent (even if you didn't get it right the first time), you might have felt excitement instead.

- Was there any thing or any person that consistently made you feel bad? Think about why these people or things make you feel badly. Make a plan to try to change the situations that make you feel this way. Using the math example again, if on several days you had trouble in math and felt discouraged and confused, plan to talk to your teacher after school. Explain that you are having trouble and ask him or her how you might get some extra help.
- Was there any person or thing that consistently made you feel good? Think about why these people or things make you feel good. Make a pledge to do the things that make you feel good whenever you can, and set aside time to spend with people who make you feel good as often as possible.



# Emotional Journey Journal (cont.)

## Sample Journal Page

Day: \_\_\_\_\_

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

### Good Feelings

I felt happy when my mom kissed me before I went to school.

I felt excited when the teacher told us we would see a movie after lunch.

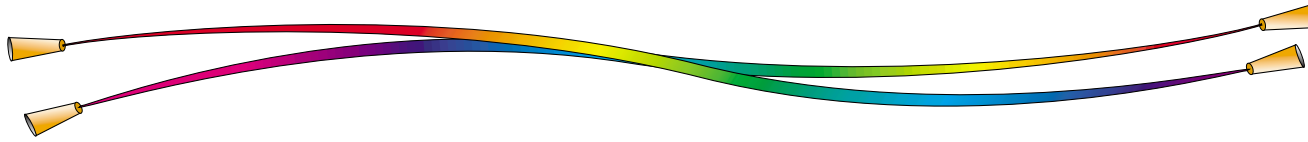
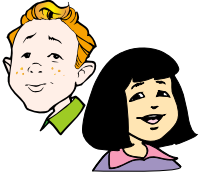
\_\_\_\_\_   
 2 Good Feelings

### Bad Feelings

I felt hurt and angry when Johnny called me a bad name at school. I ignored him and felt better after a while.

I felt discouraged when I kept falling off the new bike that I got for my birthday.

\_\_\_\_\_   
 3 Bad Feelings



# Emotional Journey Journal (cont.)

## Sample Weekly Summary

**Number of Good Feelings:** 10

**Number of Bad Feelings:** 12

### **Making Lemonade from Lemons:**

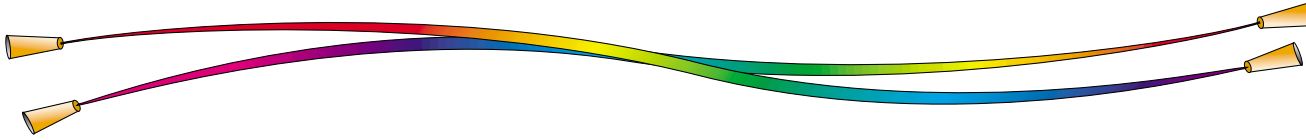
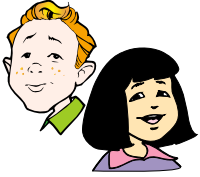
1. When Johnny called me a bad name, I could have reminded myself that he's just being mean because someone was mean to him first. It's not his fault.
2. Even though I fell off my new bike a lot this week, I should keep practicing. Soon I'll be able to ride without falling and maybe even be able to do a few tricks!

### **Feeling Bad**

I don't like to play with Johnny because he is mean to me. Instead, I will play with Michael at recess. If I do play with Johnny, I will try to be really nice to him so he will be nice back.

### **Feeling Good**

I like to play baseball with my dad. I will ask him if we can play every Saturday.



# Pocket Full of Smiles

## Fancy That . . . . It's a Fact!

Even the happiest of us feel bad about ourselves sometimes. If we have a bad day, someone says something mean to us, or we don't accomplish something we wanted to do the first time around, it can be very frustrating. If you say nice things about yourself in your head, you can overcome these bad feelings, especially if you know that others think these nice things about you, too.

## Materials

- paper
- pencil
- colored paper
- scissors

## Let's Do It!

1. Sit down with the members of your household. Ask each person to write at least one thing that they like about every other person. You should participate as well. Collect all of the papers.
2. Make a list for each person of all the nice things that the others said about him or her. Be sure to put each person's name at the top of the list belonging to that person. You can write the lists by hand or type the lists and print them. Use colored paper. Write or type the lists so that they are about the size of a playing card, and then cut them out.

3. (optional) Take the lists to a local copy store and have them laminated.
4. Sit down with your household members and pass out the cards. Ask each person to read the nice things that the others said about him or her.
5. Have everyone keep their cards in their pocket, wallet, purse, or backpack. Whenever someone is feeling blue, he or she can pull out the list and remember how great he or she really is!

