

Name \_\_\_\_\_

Date \_\_\_\_\_

# My Emotions Journal

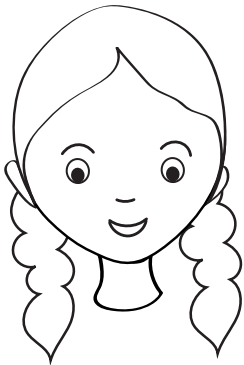
Create a cover for your emotions journal, then draw a picture for the first page of your new journal.

Color in your journal cover!

## MY EMOTIONS JOURNAL

\_\_\_\_\_ name

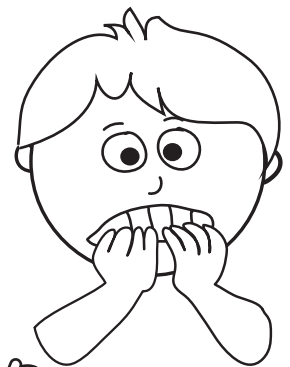
happy



excited



scared



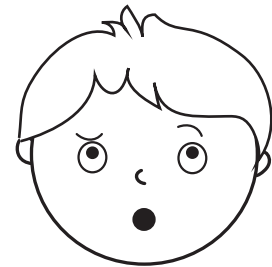
angry



confident



confused



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# My Emotions Journal

Journal Page 1

Draw a picture of something that makes you feel **happy**:

