



# MY BIG FEELINGS JOURNAL

♥ A Safe Space for Every Emotion ♥



**SUNNY**  
Happy



**CLOUDY**  
Sad



**SPARKY**  
Angry



**SHADOWY**  
Scared



**WINDY**  
Worried



**FUZZY**  
Frustrated



**ECHO**  
Lonely



**ROSIE**  
Embarrassed



**GREENIE**  
Jealous



**HEARTY**  
Loved



**GOLDIE**  
Proud



**BREEZY**  
Calm



LearnStack Kids



Learn. Build. Grow.



Ages 6-10



Edition 2026





# For Grown-Ups



You play a big part in helping your child feel seen, safe, and supported.



## Please know:

- All feelings are valid.
- Your child's feelings are real and important.
- This journal is about understanding feelings, not judging them.



## Privacy is important:

- Please do not read your child's journal without permission.
- Respect their space. It builds trust.
- Let them share when they are ready.



## How you can help:

- Listen with love.
- Validate, don't minimize.
- Ask, "Do you want to talk or just a hug?"
- Be their safe person.



Thank you for being a safe place  
for your child's big feelings.  
You are making a big difference.





# This Journal Belongs To Me

♥ Draw yourself here! ♥



★ My Name: \_\_\_\_\_

♥ My Nickname: \_\_\_\_\_

★ My Age: \_\_\_\_\_

🍰 My Birthday: \_\_\_\_\_

📅 Today's Date: \_\_\_\_\_

✏ My favourite colour: \_\_\_\_\_

♥ One thing that makes me feel better: \_\_\_\_\_



♥ = I am awesome, I am enough, I am me! = ♥





# Meet Your Feelings Friends

★ These are your feelings friends. They are here to understand you. ★



**Sunny**  
Happy



**Cloudy**  
Sad



**Sparky**  
Angry



**Shadowy**  
Scared



**Windy**  
Worried



**Fuzzy**  
Frustrated



**Echo**  
Lonely



**Rosie**  
Embarrassed



**Greenie**  
Jealous



**Hearty**  
Loved



**Goldie**  
Proud



**Breezy**  
Calm



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