

NURTURING CREATIVES

EMOTIONS WORKBOOK JOURNAL

BY Artikal Flex and The Wellbeing Designer

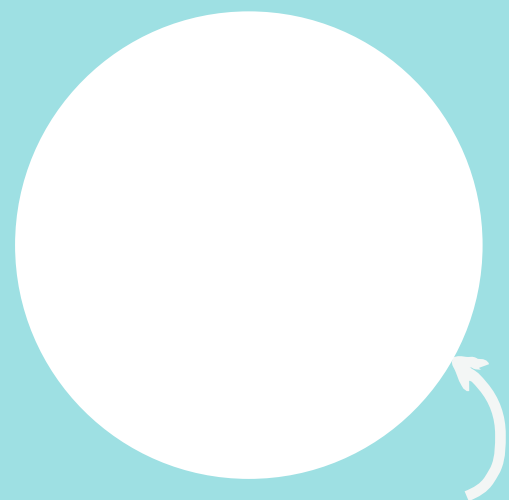
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This journal belongs to:

Name: _____

Which is your favourite?



Draw a fun cartoon of you here

EMOTIONAL AWARENESS

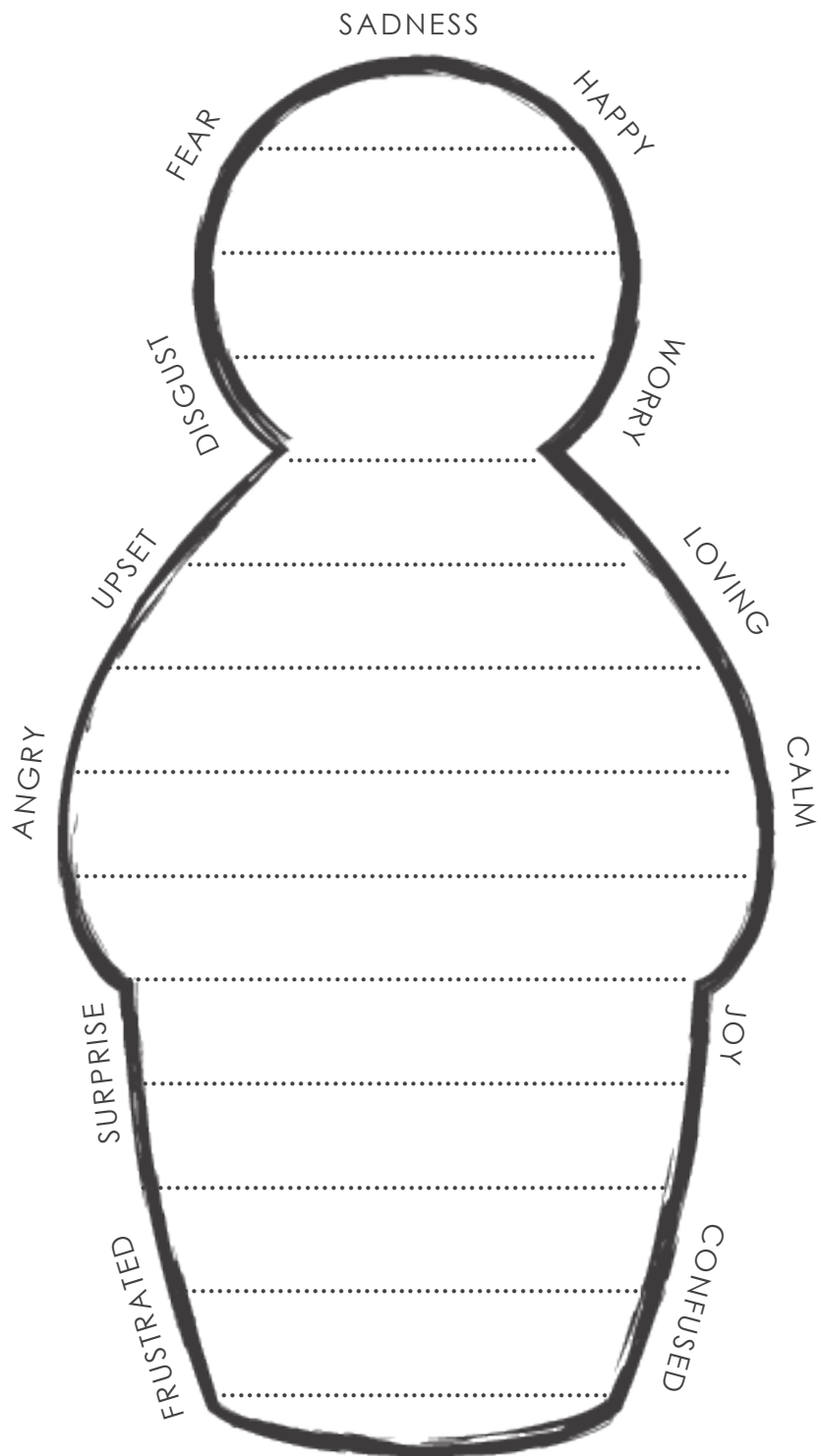
WEEK 1

This week is about understanding your feelings, being able to learn about them and explore them. Emotions happen all the time and can change depending on what's happening. This is called emotional awareness.

CIRCLE THE EMOTION

WHICH OF THESE EMOTIONS DID YOU FEEL TODAY?

WHEN AND WHAT MADE YOU FEEL THAT WAY?



4 EMOTIONS...

Happiness can happen when someone says something nice, when your parent or carer hugs you or when you play with friends.

What makes you happy?

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Worry Worry happens when something makes us feel scared, nervous or anxious. You may feel worried when someone is sick or when you can't play with your friends or when you want to play sports but you can't.

What makes you feel worry?

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Being **upset** happens when something bothers you, for example you can't play with your friends or you are told to do something you don't agree with.

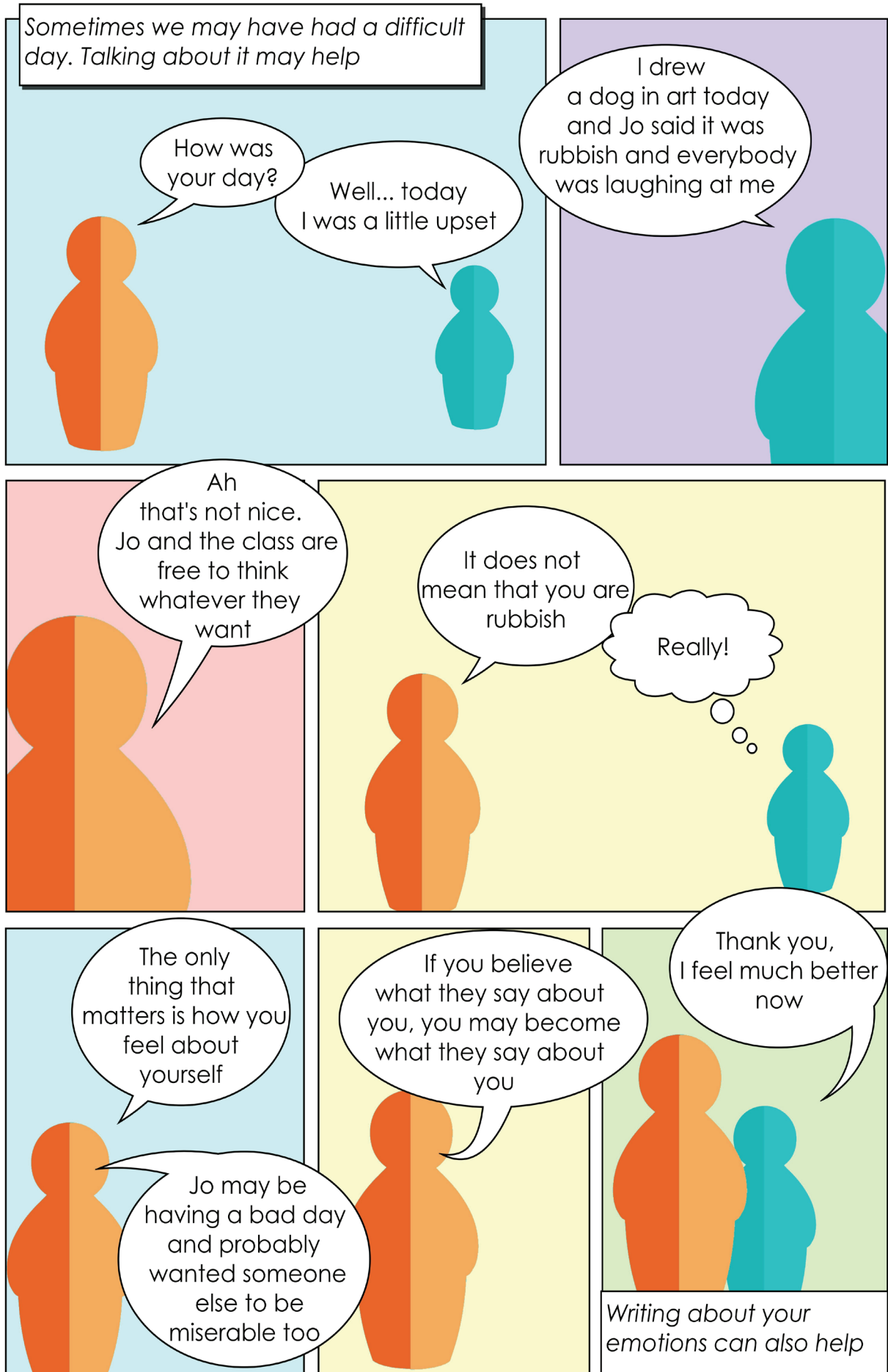
What makes you upset?

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Feeling **Calm** happens when nothing bothers you, everything feels fine and relaxed. You may feel calm when you are watching TV or doing something you like, such as arts and other activities.

What makes you feel calm?

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MONDAY

DATE:

Write down 2 emotions you felt today, include when and what made you feel that way.

worried	scared	nervous	happy	calm	annoyed
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Ask an adult what has made them happy today. Write the answers below.

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Create your own collage. Find magazines and cut out images that you like and paste them below.

A large, empty rectangular area with a dotted teal border, intended for creating a collage.

Breathing Exercise 1

Breathing is a superpower we all have, but rarely use effectively. Deep breathing helps us to calm down, think, make the best decisions and most importantly get inspiration to create beautiful things.

Now, put your hand on your heart, close your eyes, feel your heartbeat, notice the rhythm, while you do this, take deep breaths and slow down the pace. Take 10 deep breaths, your parent or carer can do the same if they want to!

TUESDAY

DATE:

Write down 2 emotions you felt today, include when and what made you feel that way.

worried	scared	nervous	happy	calm	annoyed
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Ask an adult to tell you a story about a time they felt anxious. How did they make themselves feel better? Write about it below

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Now, ask your parent or carer if they have felt anxious this week, Write their answers, thoughts, where, how and why.

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Ask your parent to tell you a story about a time they felt angry. How did they calm down? Write their answers.

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Do the Breathing Exercise 1

WEDNESDAY

DATE:

Which emotions did you feel today? Include when and what made you feel that way.

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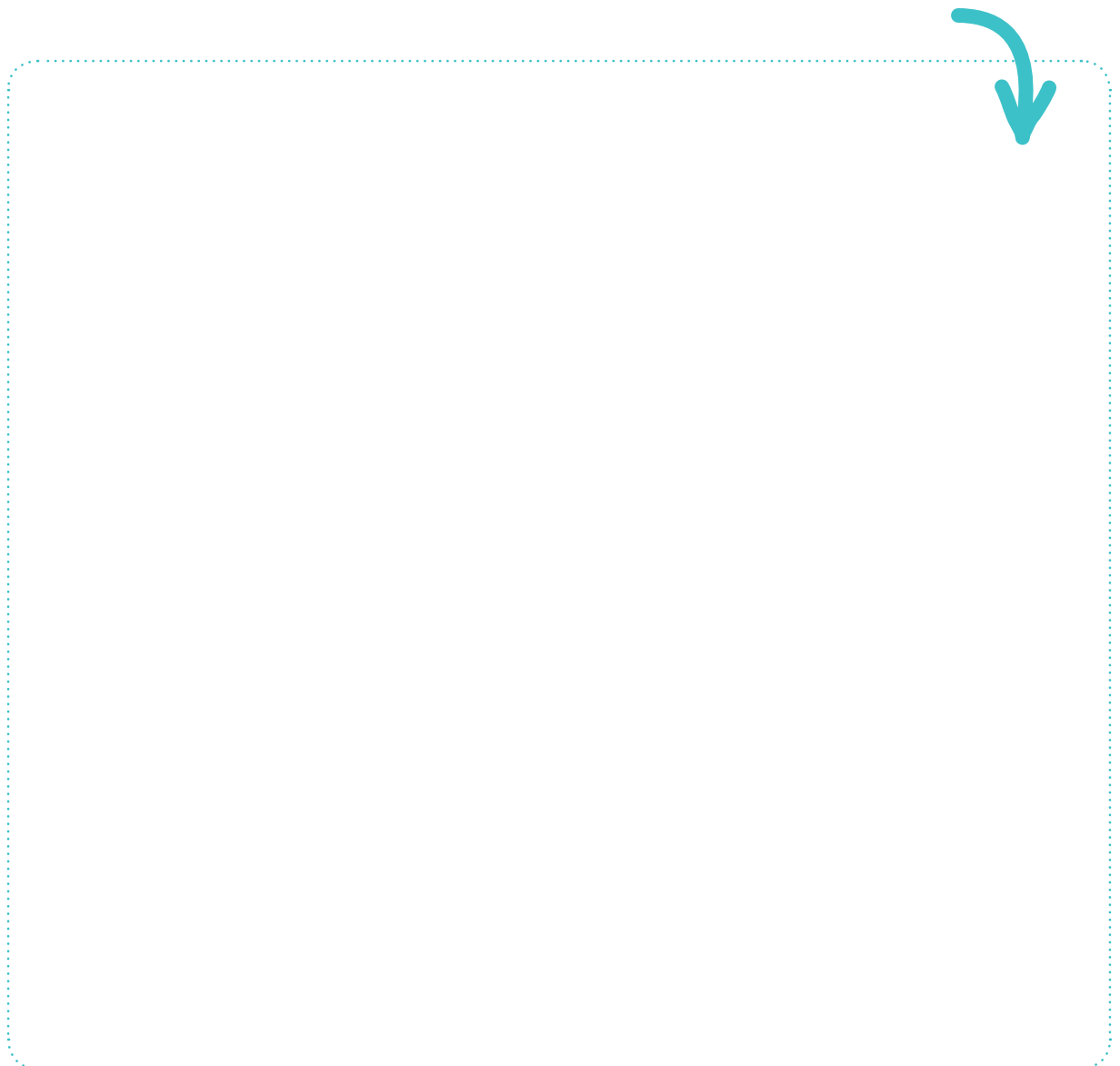
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Draw a picture about what was happening when you felt one of those emotions.



WORD SEARCH!

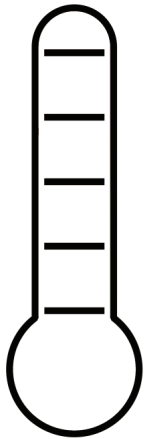
Find emotions in this word search below



ANGER
ANXIOUS
ASHAMED
BORED
CALM
CONFIDENT
CONFUSED
DISGUST
EXCITED
FEAR
FRUSTRATED
FURIOUS
HAPPY
INSPIRED
LONELY
LOVE
NERVOUS
SADNESS
SCARED
SORROW
SURPRISED
TERRIFIED
TIRED
UPSET
WORRY

Emotions thermometer

Imagine someone broke your new favourite toy. What would the consequences be for each of the following reactions? Colour and write the emotion on the thermometer on the left.



Colour and write the emotion above



Reaction 1

"it's okay, I may get to have a new favourite toy" and then go and play something else.

What are the possible consequences:

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Reaction 2

You shout or scream at them

What are the possible consequences:

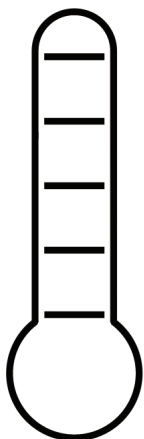
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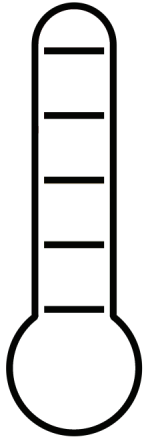
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Colour and write the emotion above





Colour and write the emotion above

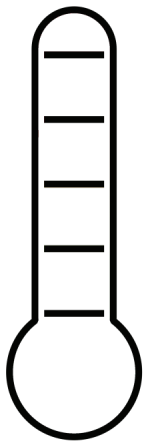


Reaction 3

Ask them, "are you okay?" maybe they are feeling other emotions too and you don't know! Maybe they want to share something with you, maybe it was just an accident!

What are the possible consequences:

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Colour and write the emotion above



Reaction 3

You punch or push them

What are the possible consequences:

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Breathing Exercise 2

Reacting when feeling like this will unlikely result in a positive outcome. Deep Breathing is a great way to calm down when you feel angry, annoyed or upset.

Sit opposite to your parent or carer.

Place one hand on your chest and one hand on your stomach.

Ask your parent or carer to place one hand on their chest and one hand on your stomach.

See if you can breathe in and out together through your nose to a count of 10.

FRIDAY

DATE:

Write or draw nice things that happened today or that you appreciate having



A large, empty rectangular area with a dotted teal border, intended for writing or drawing.

END OF WEEK ONE

We are allowed to feel any emotion. Emotions are natural, but we don't have to be driven by them, we can decide how we react to different situations. If we act without calming down first, we may say or do things that we don't mean or that may get us in trouble.

Breathing deeply is a great way to assess how we are feeling. It gives us time to think about the best way to react.

Giving ourselves a hug can also help us to relax.

Breathe...

Breathe...

Breathe...

Continue with Breathing Exercises 1 or 2 daily and own your superpower!