My

Big Feelings

Journal

Belongs to:

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Rip out this page.

Crumple it up.

Throw it in the trash!

Do 10 jumping jacks.

Write/draw how you feel after.

Rip this page out,

then rip this page into as many pieces as possible.

Throw it in the trash!

Give yourself a ginormous hug.

Rip this page out and **stomp on it**!

Take 10 belly breaths.

Write down everything that you’re mad at.

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With your eyes closed, list everyone you love on this paper.

Do 10 hops, then write down how you feel.

Trace your hand on this page.

Write an apology to someone you hurt.

Draw yourself and write things you like about you.

Close your eyes, scribble, then use colors to turn it into a picture of something.

Jog for 10 seconds and write how you feel after.

Unleash your creativity!