Feelings Diary

For one whole week, you are going to record a feeling you have felt each day. Try to show in the diary the situation you were in that made you feel this way and how it affected your actions.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

 $This \ resource \ is \ fully \ in \ line \ with \ the \ Learning \ Outcomes \ and \ Core \ Themes \ outlined \ in \ the \ PSHE \ Association \ \underline{\textbf{Programme of Study}}.$



