

# 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 [Programme of Study](#).