

Express Your Emotions

Have you ever been so mad you wanted to scream? Or so happy you felt like you could fly? Or so mixed up you felt you were lost in a maze?

One way to understand our emotions better is by journaling. Writing can help us identify things like anger or fear and explore ways to handle them. We can also write about happy

feelings and look for ways to focus on the good things in life.

We might think of some feelings as “bad” or “wrong,” but emotions are just part of being human. How we express them is what’s important. Writing can help us find words to explain what’s going on inside our hearts and minds. Once we have the words, we can share our feelings with others in a healthy way—and that feels amazing.

Three things that make me **HAPPY**:

I express joy by:

If happiness were a place, it would be:

I get **ANGRY** when:

If anger were weather, it would be:

Things that help me when I’m angry:

I was **SAD** when:

Sadness feels like:

When I’m sad, I like to:

I express **LOVE** by:

Love makes me feel:

If love were a sound, it would be:

This makes me feel **AFRAID**:

When I’m afraid, I talk to:

I feel better when I:

