



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Good Feelings Journal

Instructions: Draw a picture of something that makes you feel good, then write a sentence at the bottom of the page describing your picture or tell your teacher what to write for you. You and your classmates can put all the pages together to create a Good Feelings Journal for the class.



A large dashed rectangular box occupies the center of the page, intended for drawing. At the bottom of this box, there are four horizontal solid lines for writing. Below these lines is a row of 15 smiley face icons, each with a different expression or position, serving as a guide for drawing.