



We hope this will be a place where you can explore and express your feelings.

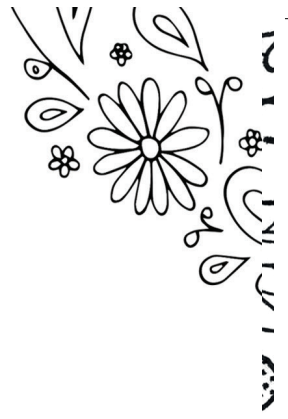
Make it your own with drawing, writing and colour – have fun!

We've included loads of ideas to help you manage on more difficult days, as well as plenty of uplifting quotes and poems.

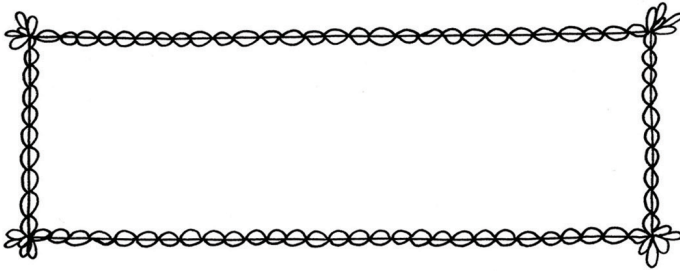
We hope you enjoy making your journal your own as much as we enjoyed creating it!

Pooky & Emily





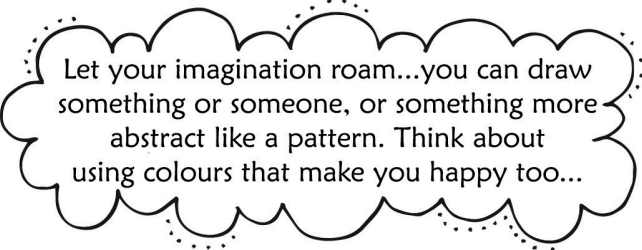
This book belongs to







MY PICTURE TO REPRESENT HAPPINESS... ☀



Let your imagination roam...you can draw something or someone, or something more abstract like a pattern. Think about using colours that make you happy too...

# HAPPY SPECTRUM

I feel:

1 2 3 4 5 6 7 8 9 10  
VERY UNHAPPY ☹️ ☺️ VERY HAPPY

I could move up one by:

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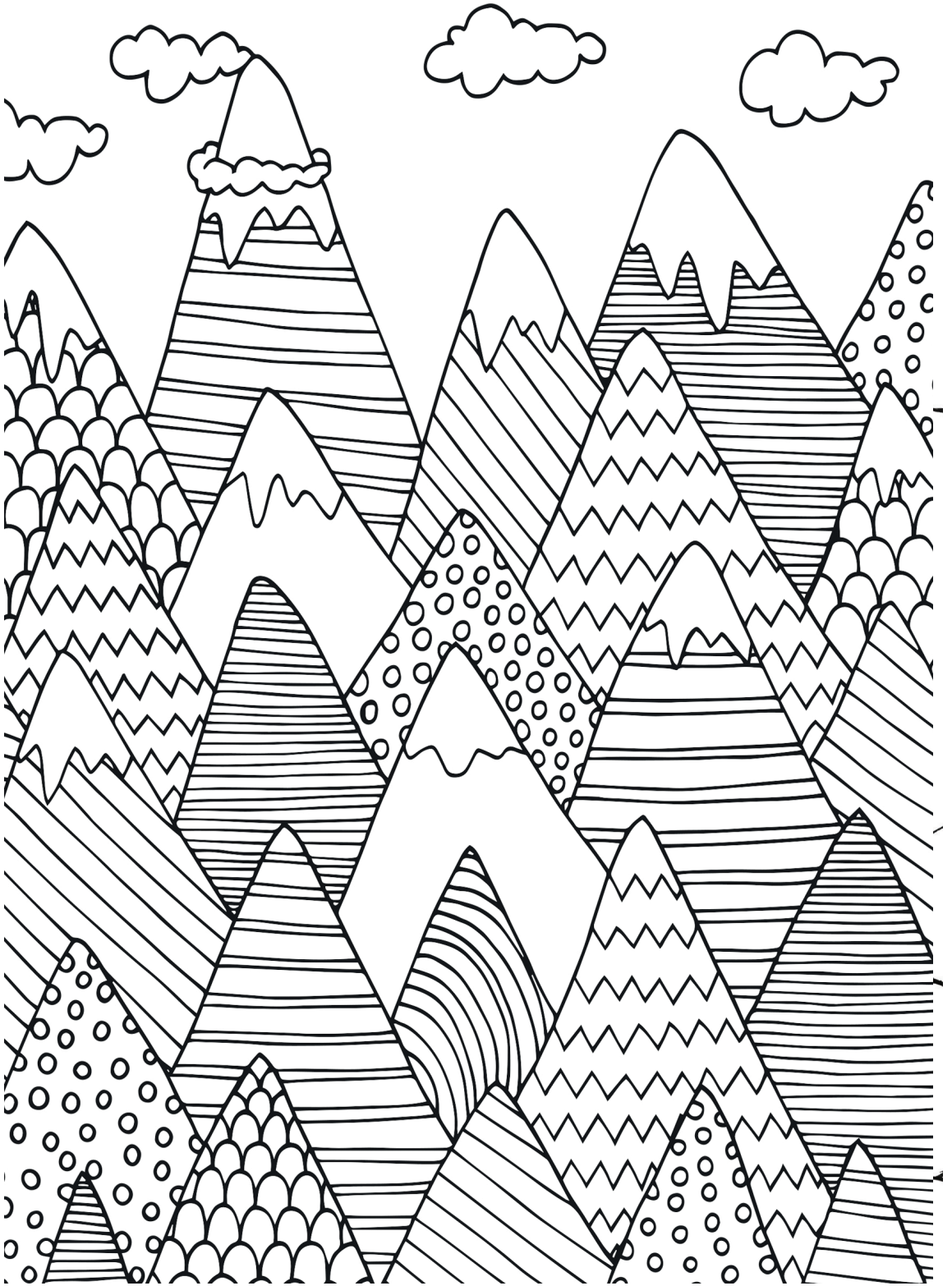
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x x x  
x x x  
x IF YOU CAN DREAM IT,

x x x x x  
x x x x x  
YOU CAN DO IT x x



# Venting BIG Feelings

SOMETIMES OUR FEELINGS BECOME TOO MUCH FOR US TO BEAR.  
THESE IDEAS ARE ALL DESIGNED TO HELP YOU FEEL BETTER  
AT THOSE TIMES



- PUNCH A PUNCHBAG OR PILLOW
- SING LOUDLY
- TEAR UP AN OLD MAGAZINE
- RUN REALLY, REALLY FAST
- WRITE OR DRAW WHAT'S UPSET YOU THEN DESTROY IT

YOUR IDEAS HERE:





# TAKE TIME FOR FRIENDS

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Take time to talk,

Take time to care,

Take time to tell your friend you're there

Take time to pause,

Take time to hear,

Take time to tell your friend you're near.

Take time to laugh,

Take time to cry,

Take time to hold your friend and cry.

Take time to be a real friend,  
It's the most precious time you'll spend.





BE \* NICE

TO YOURSELF.

IT'S HARD  
TO BE HAPPY

When someone's  
MEAN TO YOU ALL THE TIME.





**The best  
way to  
hold on...  
is to  
let go.**