

My Diary of Emotions



Name: _____

Age: _____

Dear Parents,

This diary is designed as a gentle tool to help your child recognize and express emotions.

Through drawing, coloring, and short reflections, the child learns in a simple way to understand what they feel – and that all emotions are natural and accepted. Your role is to lovingly accompany your child on this journey – without judgment, with an open heart and attentive listening.

Let it become a pleasant shared moment at the end of the day or week, when you look together at how your child felt and what made them happiest.

May this diary be a space of safety, play, and trust.



My day

Today is:

My Feelings Today:
(Circle the icon)



Why do I feel this way?





What helps me feel better or even happier?





This is how I felt today:
(draw a face)



My day

Today is:

My Feelings Today:
(Circle the icon)



Why do I feel this way?





What helps me feel better or even happier?





This is how I felt today:
(draw a face and a feeling symbol:



My day

Today is:

My Feelings Today:
(Circle the icon)



Why do I feel this way?





What helps me feel better or even happier?





This is how I felt today:
(draw a face and a feeling symbol:



My day

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My Magical Place for Relaxation

Here, draw a place where you feel calm, safe, and happy.

It can be your home, nature, your heart, or a completely magical world.

Let this be your space of peace and enchantment.

“In my heart, there is always space for peace.”



