

feelings journal

Start a feelings journal to help everyone in your family express emotions. Photocopy this page several times. Then put the pages in a binder or clip them together. Together, fill out a page each day.



When Families Grieve™

Today I feel: _____

One hard thing that happened today was: _____

One good thing that happened today was: _____



A large rectangular area with a blue dashed border and blue corner tabs, intended for drawing or additional notes.