**Wellness Activity – Week 1 – ‘Our Feelings Diary’**

A feelings diary can help identify feelings and help to understand that feelings change. Spend time talking about one or two feelings each day – if there are difficult feelings (anxiousness, loneliness, sadness, frustration), it is okay to feel like this and completely normal with everything that is happening and changing. You can use the chart below or create your own.
Use the pictures on the following page to help with ideas and conversations.

**Take a picture of your finished chart for your teacher on Class Dojo!**



