



SAFER
SCHOOLS

Emotions Journal



Emotions Journal

What is this for?

If we can recognise what an emotion is and can identify what triggered it, we can use this information to help us understand what is going on inside us and guide us towards an action we might need to take.

Recognising, understanding and managing our emotions can be very difficult. To better process how and why we feel the way we do takes time and experience, and sometimes a little support.

Taking time to think about how we feel and reflecting on why this might be is a great starting point for developing our own emotional intelligence and understanding what we can do to better manage and process our emotions.

Some emotions may feel more uncomfortable than others but it's really important we allow ourselves to feel and process our emotions and not deny them, shut them down or block them out.

This emotion journal is your personal place to express your emotions without judgement. Maybe you're feeling jealous because your friend got a better phone than you or you're excited for an upcoming concert? Write it all down here.

You can also score the intensity of your emotion. For example: You might be a level 3 'happy' when you pass your test but a level 9 'happy' when your team wins a match.

If there are any emotions you can't identify, that's okay! Write down your thoughts and talk to an adult you trust about what is going on inside.



E m o t i o n s

F a c t s

What are emotions telling us?

Our emotions, even the ones that feel uncomfortable, are giving us guidance on actions to take. Your trusted adults can help you figure out what your emotions are telling you to do. Here are some examples:

When we are feeling **insecure**, our emotions are telling us to consider our own **strengths**.

When we are feeling really **tired** and **withdrawn**, our emotions are telling us to **recharge** and to learn more about how we **use energy**.

When we are feeling **hopeful**, our emotions are telling us to keep going and persevere **towards our goal**.

Did you know that some languages have words for emotions that don't directly translate into English?

Hiraeth is a Welsh word and it means feeling a type of longing for home, or a time in your past, that you have positive memories of and would like to return to.

Waldeinsamkeit is a German word to describe the feeling of being alone in the woods.

Jayus is an Indonesian word for a joke so badly told and not funny that it actually makes you laugh.

Koi No Yokan is a Japanese word for the feeling that when you meet someone for the first time, you know you'll fall in love.

Emotions are powerful, and can at times be overwhelming. Never be afraid to talk about how you are feeling to a family member, an adult you trust, a friend or Childline.



Emotions



Accepted
Bliss
Calm
Cheerful
Confident
Content
Courageous
Confident
Creative
Curious
Delighted
Elated
Glad
Glee
Grateful
Happy
Hopeful
Joyful
Loved
Loving
Optimistic
Peaceful
Pleased
Proud
Relaxed
Respected
Satisfied
Silly
Terrific
Trusting
Wacky



Active
Amazed
Animated
Astonished
Astounded
Awe
Bewildered
Confused
Disillusioned
Dismayed
Eager
Ecstatic
Energetic
Enthusiastic
Excited
Exuberant
Flabbergasted
Goofy
Hilarious
Keen
Moved
Passionate
Perplexed
Shocked
Speechless
Startled
Strong
Stunned
Surprised
Taken aback
Thrilled



Apathetic
Bad
Bored
Busy
Distracted
Indifferent
Overwhelmed
Pressured
Rushed
Sleepy
Stressed
Tired
Uncomfortable
Unfocussed

Top Tip!

Make sure to look up the definitions for any emotions you don't understand.



Emotions



Afraid
Anxious
Apprehensive
Excluded
Exposed
Fearful
Frightened
Helpless
Inadequate
Insecure
Insignificant
Intimidated
Nervous
Overwhelmed
Panicky
Rejected
Scared
Shaky
Tense
Threatened
Uneasy
Vulnerable
Weak
Worried
Worthless



Ashamed
Awful
Depressed
Despair
Disappointed
Discouraged
Embarrassed
Empty
Fragile
Gloomy
Grief
Guilty
Hurt
Inferior
Isolated
Let Down
Lonely
Miserable
Powerless
Remorseful
Sad
Sorry
Unloved
Victimised
Vulnerable



Aggressive
Angry
Annoyed
Betrayed
Bitter
Bugged
Cross
Destructive
Disgusted
Disrespected
Distant
Exasperated
Frustrated
Fuming
Furious
Grumpy
Irritated
Jealous
Let Down
Mad
Mean
Outraged
Provoked
Resentful
Withdrawn



Your Emotion Words

Write your words for emotions in the box below. These could be words your friends and family use, words that are local to where you live or words that you've made up to describe how you're feeling.

hangry cyffro smad ragde emosh
ragin buzzing chuffed pure barry



EXAMPLE PAGE 1

Day: Monday October 19th

Morning

I feel anxious this morning, level 8. I don't know why I feel this way? I just woke up feeling like this. I don't want to eat breakfast and I feel really tired, even though I slept for a long time last night. I guess I better go get ready for school.

Afternoon

Mrs Bird held me back in her class, she said I didn't seem myself recently and asked what was on my mind. She's my favourite teacher and I felt safe talking to her so I told her what I was feeling this morning. She asked me some questions and I realised that my anxiety was triggered because i am trying to do too many extra curricular activities on top of school work.

Evening

I felt ... relief after talking to Mrs Bird. She suggested that I talk to mum and dad about my extra curriculars. I was nervous to talk to them, I didn't think they'd understand but it was a really good talk!!! They listened to me, then we talked about what I should take a break from. I feel really hopeful now.



EXAMPLE PAGE 2

Day: Monday December 5th

Morning

So dreading school today, wishing it was the weekend and I could just stay in bed all day.

Afternoon

Had lunch at my locker today so I didn't have to go to the canteen on my own - couldn't face the embarrassment. But Louise from science talked to me in class this morning. She's sooo lovely. I'd really like to be her friend but im afraid she won't want to be mine. . .

Evening

I thought about Louise on the way home and I've decided to take the risk and ask if I can sit with her at lunch. I feel really nervous about it because what if she says no? But she seems really nice and she likes the same music as me, so I can talk to her about that. I feel more hopeful about school tomorrow.



Day:

M o r n i n g

A f t e r n o o n

E v e n i n g