

MY CALM SPACE: GATHERING MY THOUGHTS & FEELINGS

Name: _____ Date: _____

UNDERSTANDING MY FEELINGS



Today, I am feeling...
(draw or write about your emotions,
thoughts, and what's on your mind)

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RECOGNIZING MY STRENGTHS

What am I good at? What makes me proud?
(List three things you like about yourself or did well today)

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EXPLORING MY COPING SKILLS

When I feel stressed or upset, what helps me feel
calm and safe? (Write down things that make you feel
better, e.g., deep breathing, nature, talking, listening to music)

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