

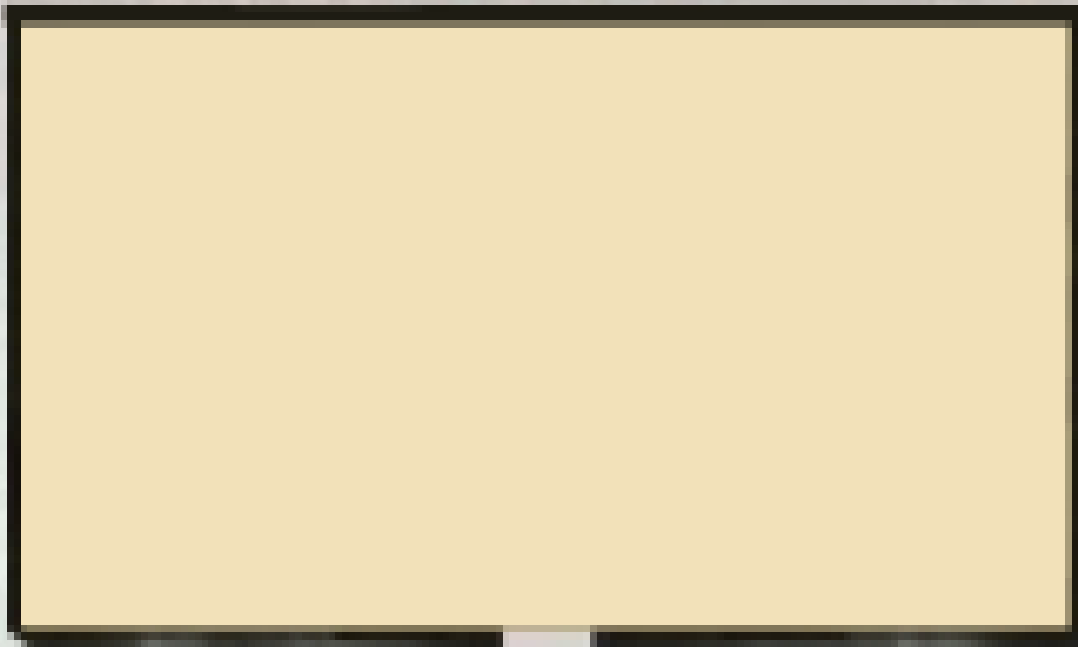
Minecraft Emotion Journal

Learn how to notice your feelings and thoughts through Gaming
Each day, we have a few different feelings, write them below and tell a story

I felt like this today:

And this was why I felt like this:

Write words or draw a picture below



If you would like to
create this journal in
Minecraft, just craft
some signs and write
on them in game.

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Emoticon Guide:

Just write + for good

Or - for bad or

Happy :)

Sad :(

Angry >:(

Peaceful :|

Ashamed :\$

Proud :D

Worried :E