

FIVE-DAY DIARY

Jotting down what's going on in your life, and how you feel about it, can help you work out what you tend to worry about. It can also improve what psychologists call your **EMOTIONAL AWARENESS** - being able to identify your feelings.



Over the next five days, try filling in all the boxes on the next page. If you find it helpful, or enjoyable, you could use the simple layout to start keeping your own journal in a separate notebook.

DAY —

In here you could draw a face of how you felt, or add a number from 1-10.

Date

Weather

Overall mood

Day

What happened today

Good stuff

Not so good stuff

Any worries on your mind



Usborne Activities

Find more activities like this in **The Unworry Book**. Share your activities with us [#UsborneActivities](https://www.instagram.com/UsborneActivities).

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