



**SAFER  
SCHOOLS NI**

# Emotions Journal





# Emotions Journal

## What is this for?

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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.



# Emotions Facts

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When we are feeling really **tired** and **withdrawn**, our emotions are telling us to **recharge** and to learn more about how we **use energy**.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

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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

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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

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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

dead on

parful

freakin' out

emosh

ragin'

buzzin'

scundered

doin' my head in



## EXAMPLE PAGE 1

Day: Monday October 19th

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### 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

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### 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:

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Morning

Afternoon

Evening