

My Emotional Diary

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SOME WRITING IDEAS



- If I were President I would...
- I am very proud because
- I am afraid to...
- Name on thing you do really well?
- What is your favorite room in your home and why?
- Describe what it means to be a good neighbor?
- What is your favorite time of day?
- Describe your best day ever?
- What excites you?
- Describe your favorite hobby.
- What is your favorite quote by a famous person?
- What is your favorite song and why

- I wish there were a law that said.....
- I wish I could forget the time I because....
- The perfect place in the whole wide world is...
- What makes you feel sad?
- What can you do to help you feel better when you're feeling blue?
- Name your favorite book and why?
- I am proud of myself because...
- For lunch today...

We hope that you will actively fill in your diary on a daily basis and share some your personal feelings and views so that we can learn all from each other and be smarter in managing emotions and feel happy 😊

On the last page we offer some emotion cards to boost your writing, hope you will enjoy 😊