Social Emotional Journal Project

Journaling is a terrific way to express emotions in a safe way and allows you to express your feelings in a safe space. This social emotional journal can be an ongoing project for you where you can add journal entries and worksheets. In this SEL Journal starting package you will find the COVER SHEET, ALL ABOUT ME Activity and the THINGS I LIKE Activity.

Journal Cover Page:

This is your cover page that you can print off and make your own.



All About Me Worksheet:

In this activity you get a chance to think about yourself and your family by filling in the information about yourself that makes you who you are in the world. It also gives you a chance to think about an important moment in your family life and write about it. Check out the sheets and add them to your Journal.



The Things I Like Worksheet:

In this activity you get to think about all your favourite things and activities. Complete the worksheet and add it to your Journal.

