



# The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



## MY EMOTIONS DIARY

**TOOL:** Prevention | Intervention

**TARGET AUDIENCE:** Elementary school children (beginning in cycle two)

**TOOL INTENDED FOR:** Professionals | Parents

### DESIGN

Line Massé  
Jeanne Lagacé-Leblanc  
Claudia Verret



# MY EMOTIONS DIARY

**TOOL:** Prevention | Intervention

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**TOOL INTENDED FOR:** Professionals | Parents

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**TARGET AUDIENCE:**

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- Elementary school children (beginning in cycle two) who have difficulty managing their emotions, particularly children who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

**NEEDS AND BEHAVIOURAL MANIFESTATIONS**

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- Difficulty correctly identifying the sources of negative emotions.

**SPECIFIC GOALS**

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- To help the children assess the intensity of their emotions, determine the situations that gave rise to them, and identify their emotional signals.

**DESIGN**

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**Line Massé** (Full Professor) – Université du Québec à Trois-Rivières

**Jeanne Lagacé-Leblanc** (Research Assistant) – Université du Québec à Trois-Rivières

**Claudia Verret** (Full Professor) – Université du Québec à Montréal

## Help the children write their emotions diary every day of the week.

- 1) Ask the children to identify a situation where they experienced an emotion.  
You can help them by reminding them of the eight basic emotions (joy, interest, anger, surprise, sadness, disgust, fear, shame).
- 2) Using the thermometer, invite the children to colour the intensity of this emotion.
- 3) Help the children describe the situation where they experienced this emotion.
- 4) Ask the children to describe the signals associated with this emotion in their bodies (e.g. rapid heart beat, redness, tension).



Retrieved and adapted from:

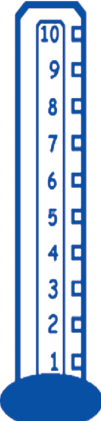
Blaustein, M. E. & Kinniburgh, K. M. (2010). *Treating traumatic stress in children and adolescents, How to foster resilience through attachment, self-regulation, and competency*. Guilford. (p. 314-315).



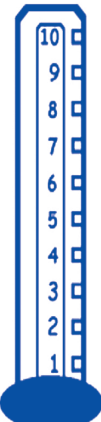
# MY EMOTIONS DIARY

Write your emotions diary every day of the week. It will help you manage your emotions on a daily basis. If you prefer, you can also use a diary that you already have. Here are the key steps for your diary.

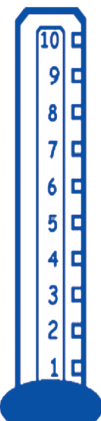
<b>DAY 1</b>	Emotion:	Intensity
	Situation where I felt this emotion:	
	Where I felt this emotion in my body:	



<b>DAY 2</b>	Emotion:	Intensity
	Situation where I felt this emotion:	
	Where I felt this emotion in my body:	



<b>DAY 3</b>	Emotion:	Intensity
	Situation where I felt this emotion:	
	Where I felt this emotion in my body:	





# MY EMOTIONS DIARY

**DAY 4**

Emotion: \_\_\_\_\_ Intensity \_\_\_\_\_

Situation where I felt this emotion: \_\_\_\_\_

Where I felt this emotion in my body: \_\_\_\_\_

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

**DAY 5**

Emotion: \_\_\_\_\_ Intensity \_\_\_\_\_

Situation where I felt this emotion: \_\_\_\_\_

Where I felt this emotion in my body: \_\_\_\_\_

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

**DAY 6**

Emotion: \_\_\_\_\_ Intensity \_\_\_\_\_

Situation where I felt this emotion: \_\_\_\_\_

Where I felt this emotion in my body: \_\_\_\_\_

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

**DAY 7**

Emotion: \_\_\_\_\_ Intensity \_\_\_\_\_

Situation where I felt this emotion: \_\_\_\_\_

Where I felt this emotion in my body: \_\_\_\_\_

10  
9  
8  
7  
6  
5  
4  
3  
2  
1