

# Colour/Sticker Journalling

Social/Cultural | Storytelling



ConnectABILITY.ca

## WHAT MAKES IT MEANINGFUL

Keeping a journal of your emotions is meaningful because it helps you understand and manage your feelings. By writing down how you feel, you can make sense of your emotions and see patterns over time. This can help you handle difficult feelings better and know what makes you happy or upset. Plus, it's a safe place to express yourself without worrying about what others think.

## TIME

5-10 minutes everyday

## MATERIALS

- Journal or paper (\$2-10)
- coloured markers, pencils or crayons OR varied stickers
- Writing tool

## INSTRUCTIONS

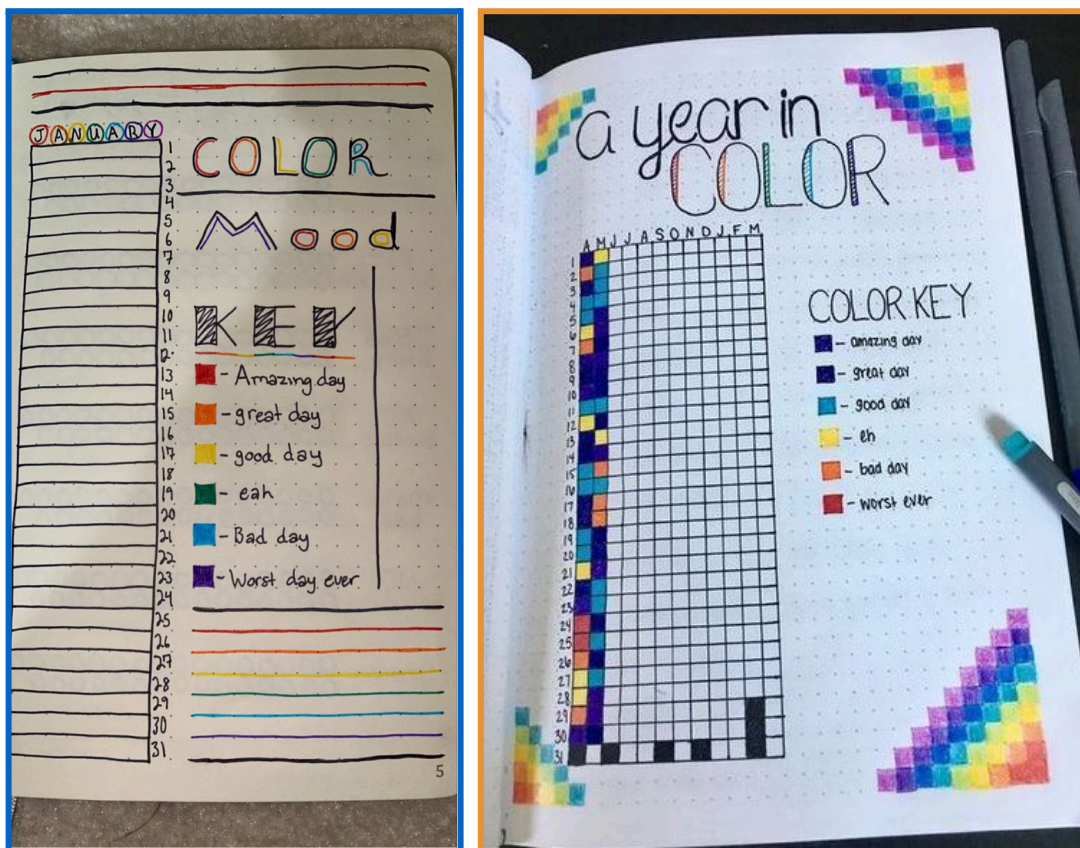
1. On a blank paper or journal write out the date
2. Establish a 'key' for the colour you are using or the stickers
  - a. example: Green = happy OR Sheep sticker = sad (see picture bellow)
3. Every day pick a colour or a sticker corresponding to your overall mood of the day,
4. You can write beside your colour about specific events that may have contributed to your feelings
  - a. example: "today I am 'green' because we went to the park"
5. Keep a log everyday and track your emotions, you may notice a pattern



# Colour/Sticker Journalling

- On 'bad' days, whatever bad may mean to you, think of something that may have made you feel good on other colour days, so the next time you are feeling that emotion, may you can change the colour of your day!
- On another page at the front or the back, you can make a "year in colour/stickers chart" (see picture below) where you see all of your emotions in one spot. This is a great way to get to know yourself and your feelings and see more structured patterns.

## EXAMPLE OF AN EMOTION KEY and 'YEAR IN COLOUR':



## SUPPORTS NEEDED

Some individuals may need extra support with writing or with reminders to complete the journal.