

Sibling Feelings Log

Name: _____ Date: _____

How I Felt Today

(Circle all that apply)

Happy 😊 Okay 😐 Worried 😟 Angry 😡 Sad 😞 Frustrated 😤
Scared 😨 Left out 😞 Loved ❤️ Calm 😌 Overwhelmed 😵

Other: _____

What Was Happening? (Write or draw)

What Helped (or Might Help)?

(Check any)

Time alone Talking Music Play/Movement Writing/Drawing Comfort item

Other: _____

One Thing I Want Someone to Know:

One Good Thing Today (Big or Small)
