

Feelingfriends — Reflection

Journal

This is your space. You can write or draw whatever you want — and you can skip any page. There are no wrong answers, and nobody grades it.

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How are you arriving?

How are you feeling right now? All feelings are okay. What does your body feel like — is it fast or slow, big or quiet?

Thinking with Momo

*Momo is about **Naming feelings (hero).***

Write or draw about a time this fits something in your own life
— a moment you noticed it, felt it, or wondered about it.

Thinking with Facey

*Facey is about **Reading faces**.*

Write or draw about a time this fits something in your own life
— a moment you noticed it, felt it, or wondered about it.

Thinking with Sensa

*Sensa is about **Situation** → **feeling**.*

Write or draw about a time this fits something in your own life
— a moment you noticed it, felt it, or wondered about it.

Thinking with Comfy

*Comfy is about **Empathy in action**.*

Write or draw about a time this fits something in your own life
— a moment you noticed it, felt it, or wondered about it.

Before you close this

What is one thing you tried hard at, or are figuring out? You worked at it — that's the good part.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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