

Express-and Explore Drawing Journal

*a companion resource for
How MAD I Am!*

By BoDeppo Mary

*with inspiration from
Le Petit Monsieur*

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1st Paperback Edition March 2019

ISBN 978-0-578-46262-2

Published by BoDeppo Mary

A Note on Intended Use

*This Express-and-Explore My Emotions™ journal
can be used on its own, or in concert with*

How Mad I Am!

ISBN: 978-0578451916

*The journal is intended to help youngsters work
on categorizing and expressing their emotions in a
constructive manner to share with their caregiver(s).*

*Additionally, it consolidates their work,
which can serve as a reference for the youngster
to reflect on how drawing helped them become
more aware of their emotions, and the processes
they used to work through those emotions
towards a state of greater serenity and happiness.*

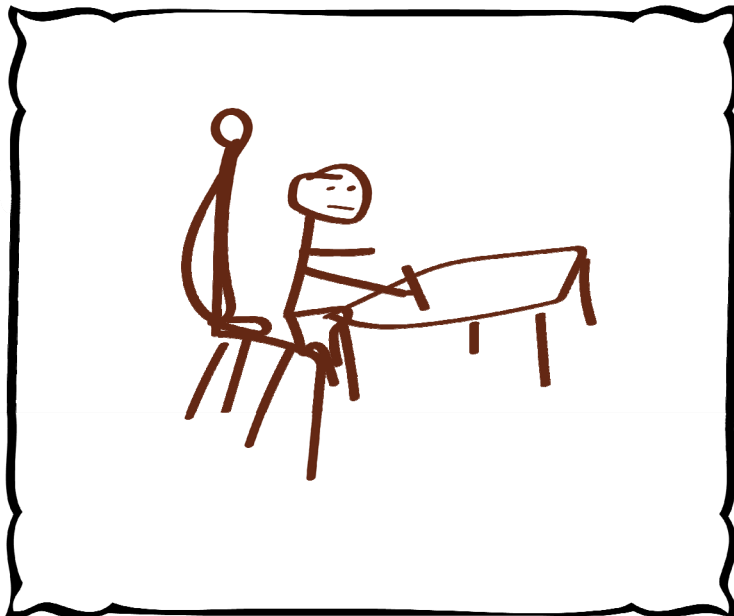
*This Drawing Journal
belongs to:*

Example Entry

August 23 (Mon) 2021
Month Day Year

I feel:

	1	2	3	4	5
☹ Mad >	☐	☐	☐	☐	☐
☹ Sad >	☐	☐	☐	☐	☐
☹ Scared >	☐	☒	☐	☐	☐
☹ Anxious >	☐	☐	☐	☒	☐
😊 Proud >	☐	☐	☐	☐	☐
😊 Excited >	☐	☐	☒	☐	☐
😊 Happy >	☐	☐	☒	☐	☐



I feel this way when:

I am excited to see my friends, but
anxious about the first day of school.

Month	Day	Year
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I feel:

1	2	3	4	5
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☹️ Mad >	☐	☐	☐	☐	☐
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☹️ Sad >	☐	☐	☐	☐	☐
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☹️ Scared >	☐	☐	☐	☐	☐
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😬 Anxious >	☐	☐	☐	☐	☐
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Month	Day	Year
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☹️ Sad >	☐	☐	☐	☐	☐
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☹️ Scared >	☐	☐	☐	☐	☐
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😬 Anxious >	☐	☐	☐	☐	☐
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😊 Proud >	☐	☐	☐	☐	☐
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😊 Excited >	☐	☐	☐	☐	☐
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😊 Happy >	☐	☐	☐	☐	☐
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I feel this way when:

Month	Day	Year
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I feel:

1	2	3	4	5
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☹️ Mad >	☐	☐	☐	☐	☐
☹️ Sad >	☐	☐	☐	☐	☐
☹️ Scared >	☐	☐	☐	☐	☐
😬 Anxious >	☐	☐	☐	☐	☐
😊 Proud >	☐	☐	☐	☐	☐
😊 Excited >	☐	☐	☐	☐	☐
😊 Happy >	☐	☐	☐	☐	☐

I feel this way when:

Month	Day	Year
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I feel:

1	2	3	4	5
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☹️ Mad	>					
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☹️ Sad	>					
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☹️ Scared	>					
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😬 Anxious	>					
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😏 Proud	>					
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😄 Excited	>					
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😄 Happy	>					
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Month	Day	Year
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I feel:

1	2	3	4	5
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☹️ Mad >	☐	☐	☐	☐	☐
☹️ Sad >	☐	☐	☐	☐	☐
☹️ Scared >	☐	☐	☐	☐	☐
😬 Anxious >	☐	☐	☐	☐	☐
😊 Proud >	☐	☐	☐	☐	☐
😊 Excited >	☐	☐	☐	☐	☐
😊 Happy >	☐	☐	☐	☐	☐

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Month	Day	Year
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☹️ Mad >					
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