

THIS JOURNAL PAGE
BELONGS TO:

FEELING DOODLES

Did you know?

You can have two feelings at once.

Your feelings do not cancel each other out.

Sometimes when two feelings mix together, they combine and create a new feeling.

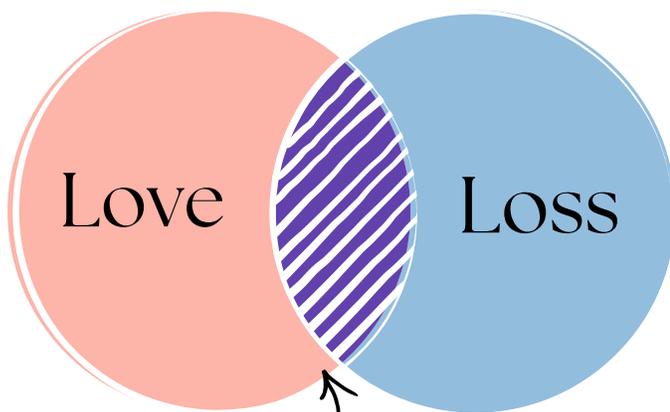
Fill-in-the-blank

Sometimes I feel

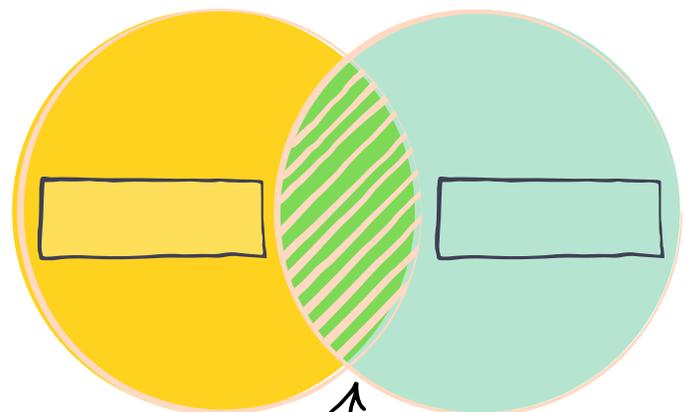
and

at the same time.

When your two feelings come together what new feeling comes out?

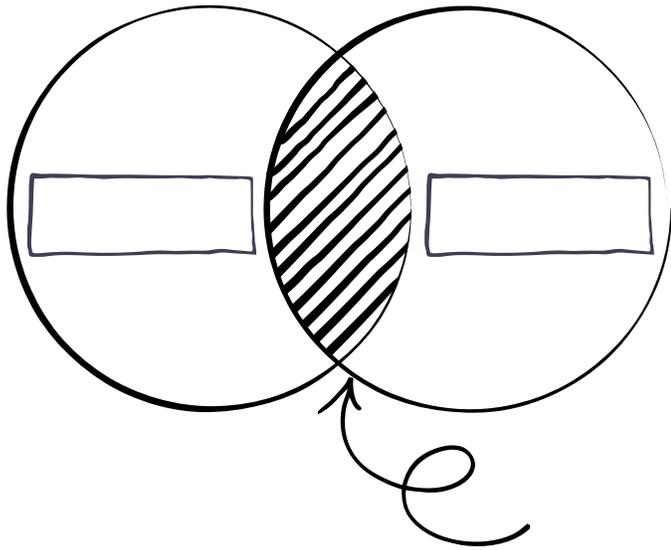


Grief

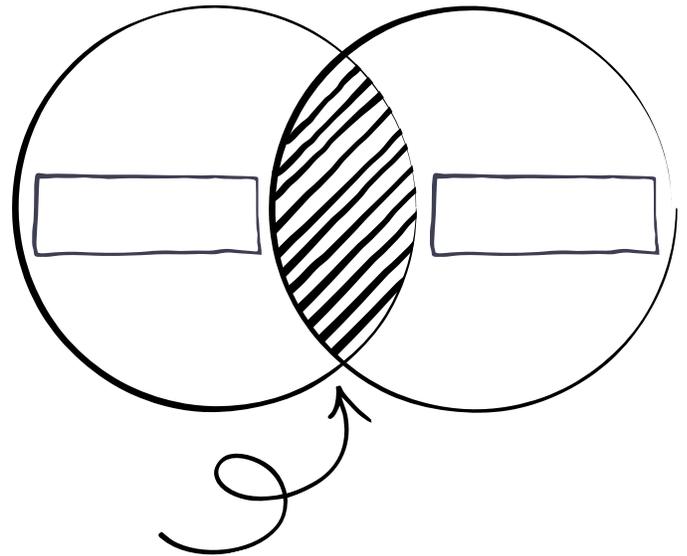


Mixing feelings is just like mixing colors to make a new one!

Make your own combinations!



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Empty rectangular box for writing.

Journal Question

When have you felt two feelings at once?
