



# Gratitude journaling

*Write down three things you are grateful for today, no matter how big or small. Reflect on the positive feelings associated with these experiences.*

A series of horizontal dashed lines providing space for writing.





# Mindful Observation

*Choose an everyday object or natural element such as a flower, a tree, or a cup of tea and describe it in detail. Use all your senses to explore it and note how it makes you feel.*

A series of horizontal dashed lines for writing.





# Emotional Awareness

*Take a few moments to check in with your emotions. Write down how you are feeling right now, without judgment. Explore the sensations and thoughts connected to these emotions.*

A series of horizontal dashed lines for writing.





# Mindful Breathing

*Set aside five minutes for focused breathing. Write about your experience, noting how it felt to pay attention to your breath and any thoughts or distractions that arose.*

A series of horizontal dashed lines for writing.









# Emotion Tracking

*Create a daily emotion journal. Throughout the day, record your emotions and rate their intensity on a scale of 1 to 10. At the end of the week, review your journal and look for patterns or trends in your emotional experiences.*

A series of horizontal dashed lines providing space for writing the journal entries.









# Emotion Action Plan

*Develop an action plan for dealing with overwhelming emotions.*

*Outline steps you can take when you notice intense emotions rising.*

*Consider both short-term coping strategies (e.g., deep breathing )  
and long-term solutions (e.g., seeking therapy or practicing  
mindfulness regularly ).*

Handwriting practice lines consisting of multiple sets of dashed lines for tracing and solid lines for independent writing.







# Active Listening

*Recall a recent conversation with someone important to you.*

*Describe how well you practiced active listening during that conversation. What did you do well, and what could you improve to become a more attentive and empathetic listener?*

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, bottom) for writing.







# Conflict Resolution

*Describe a recent interpersonal conflict you encountered. Reflect on how you handled the conflict and whether the outcome was positive or negative. Consider alternative approaches to conflict resolution that may lead to more effective results.*

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing.







# Crisis Survival Strategies

*Reflect on a recent situation where you experienced high levels of distress or crisis. Write about the coping strategies you used to survive that moment. What worked well, and what could you improve for future distressing situations?*

Handwriting practice lines consisting of 20 horizontal dashed lines for writing.





# Self-Soothing Activities

*Make a list of self-soothing activities that help you calm down and manage distress. Describe the sensations and emotions you experience when engaging in one of these activities. How can you incorporate more self-soothing practices into your daily life?*

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, bottom) for writing.







# Creating a Distress Tolerance Plan

*Develop a distress tolerance plan or toolbox. List various coping strategies, techniques, and self-soothing activities you can turn to when facing distress. Write about specific scenarios where each strategy might be most effective.*

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines for writing.



