American Heart Association.
KIDS HEART CHALLENGE™

INTRO TO JOURNALING

Writing down how you feel can help you feel better if you are mad, sad or worried. It can also be a way to remember all the amazing things that make you happy. Baxter uses a journal to write down thoughts and feelings from each day. Think about your day so far and write down one thing that made you feel happy and grateful. You can also write down anything that didn't go the way you would have liked. How did you feel when those things happened?