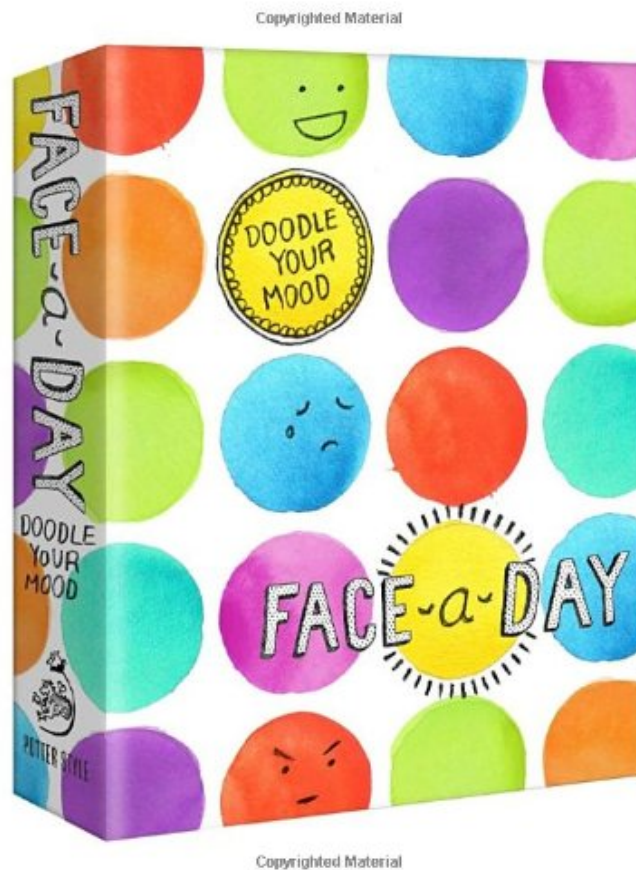


[Download] Face-a-Day Journal: Doodle Your Mood

Face-a-Day Journal: Doodle Your Mood

Potter Style

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#1059229 in Books 2012-10-02 2012-10-02 Original language: English PDF # 1 5.75 x 1.12 x 4.541, .85
Binding: Diary 368 pages | File size: 50.Mb

Potter Style : Face-a-Day Journal: Doodle Your Mood before purchasing it in order to gauge whether or not it would be worth my time, and all praised Face-a-Day Journal: Doodle Your Mood:

1 of 1 people found the following review helpful. Great for kids or adults By Brooke I love love love this book! I gave four copies as gifts to children in my life and they loved it. It's so simple, and so fun. As someone who has worked with kids, I know how valuable and necessary it is for kids to express themselves, but how difficult it can be sometimes. It's tough to be a kid! This book is accessible and not overwhelming - it has little icons showing you what you might write a line or two about - the weather that day, what you ate, what was good, what was bad. I'm going to admit something - I originally bought this for myself. I loved how simple it was, and as an artist, the idea of drawing my face each day appealed to me. I then bought four more copies to give away. I will definitely be buying more as gifts. 0 of 0 people found the following review helpful. Very cute idea. There's one page for the face ... By Jodie Kleinbaum Very cute idea. There's one page for the face and the other page is for tracking food. I think I would have rather had some journal prompts or emotional questions. 0 of 0 people found the following review helpful. Five Stars By G. Steffes This is a creative way to express your feelings and keeping a journal allows you to see changes.

QA a Day for the artistically inclined, this journal helps capture your daily mood by simply filling in an empty circle with a smiley face, angry scowl, questionable brow, and other doodles. Some people are writers and others are doodlers. For those who think in pictures, this guided visual journal encourages you to express your mood du jour with a doodle. When you open the journal, you'll find a graphic questionnaire that captures aspects of your day at-a-glance and a blank circle to doodle a face that represents your mood. A fun bonus: this journal also functions like a flip book. Once you've completed the book, you can flip through the pages and watch the "animation" of your changing moods in bright, popping colors.