

Page Comments: Replace Teen with "Adolescent" throughout so we capture 10-25 and adolescent dev. I like the email in the bottom but use care@feelingsunplugged.com

ATLAS ACADEMY · SCHOLAR STUDIO

# Feelings Unplugged

OPEN-SOURCE ~~TEEN~~ JOURNAL · FIELD EDITION

Built so Gen Z and Gen Alpha can strengthen cognitive reappraisal, moderate suppression inside survival contexts, and imagine futures past survival—even when formal supports are limited.



# Table of Contents

01 · How to Use This Journal	p.2
02 · Morning Glow · Grounding + Intention	p.3
03 · Midday Spark · Emotional Check-In	p.4
04 · Evening Calm · Reflection + Release	p.5
05 · Atlas Academy Identity Archetypes	p.6
06 · Shadow Work Prompts	p.7
07 · Weekly Reflection · Pattern Tracking	p.8
08 · Playlist Therapy · Emotional Soundtracks	p.9
09 · Immediate Support & Resources	p.10
10 · Notes & Futures / Credits	p.11–12

Scholar Studio Style Guide - v2025.10. Each section mirrors the web app experience and marketing narrative.

# How to Use This Journal

## DAILY RHYTHM

**Frequency:** Use 1–3 times daily (morning, midday, evening) or whenever emotions feel too big.

**No rules:** Skip prompts that don't resonate. Draw. Record voice notes. This is your studio.

**Track patterns:** Review weekly to notice emotional trends, triggers, and growth moments.

## OPEN ACCESS PLEDGE

Atlas Academy keeps core curriculum free to download, remix, and translate. Optional purchases fund youth designer stipends, language access, and mutual aid. Credit the project, keep essentials free for young people, and share how it's landing in your community.

[expand other products to include research and expansion versions](#)

Grounding practices increase cognitive reappraisal capacity (SAMHSA, 2014); intentional choice-making supports autonomy (Ryan & Deci, 2000).

# Morning Glow · Grounding + Intention

## Daily Prompts

**Energy scan:** What energy am I bringing into today? (Tired? Anxious? Excited? Numb?)

**Nervous system check:** What do I need to feel safe today? (Movement, a person, music, boundaries)

**Intention + affirmation:** One truth I want to remember about myself.

**Body note + permission slip:** Today, I give myself permission to \_\_\_\_.

Ritualized intention-setting lowers stress and improves self-regulation in adolescent populations (SAMHSA, 2014).

# Midday Spark · Emotional Check-In

## Reset Prompts

**Mood meter:** Which emotion is loudest right now? What triggered it?

**Reframe:** What would it look like to respond instead of react?

**Support:** What could I ask for or offer myself to ease this feeling?

**Energy inventory:** How full or empty is my tank? What's one nurturing move I can make?



Different Image for this page

# Evening Calm · Reflection + Release

## Integration Prompts

**Daily recap:** What really happened, and how did it affect my body and brain?

**Emotion trend:** Which feeling showed up the most? What is it teaching me?

**Release ritual:** What can I set down before sleep? (Write it, tear it, breathe it out)

**Future note:** One boundary or reminder for tomorrow. A sentence to future-me.

Closing routines support the nervous system in transitioning from alert to rest (SAMHSA, 2014).

# Atlas Academy Identity Archetypes

Every firefly glows differently. Use the archetypes as mirrors—not boxes.

Page split and MISSING content from next page on this page

## The Catalyst

Change-maker, disruptor,  
truth-teller breathing  
transformation into every  
space.

Shadow prompt: When do I  
dim my power to stay safe?

Strength reminder: Your  
voice moves rooms.

## The Luminary

Creative, expressive, visible  
dreamer who narrates the  
world through art, words,  
and rhythm.

Shadow prompt: What parts  
of my story feel unsafe to  
share?

Strength reminder: Your light  
helps others see.

## The Guardian

Protector, nurturer, steady  
anchor when the room  
wobbles.

Shadow prompt: Where am I  
carrying too much?

Strength reminder:  
Boundaries protect your  
ability to care.

## The Maverick

Independent, freedom-seeker, builder of alternative paths.

Shadow prompt: When does isolation disconnect me from support?

Strength reminder: Your imagination builds futures.

## The Weaver

Connector, bridge-builder, harmony designer linking people, ideas, and worlds.

Shadow prompt: Where do I abandon myself to keep peace?

Strength reminder: You translate complexity into belonging.



Different Image Perhaps the one with banners of types

# Shadow Work Prompts

**Hidden self:** What part of myself do I hide? What would feel different if I let it be seen?

**Learned silence:** Which emotion was I taught to suppress? What is it asking from me now?

**Inherited narratives:** What story about survival did I inherit? Does it still serve me?

**Unprocessed grief:** What grief am I carrying—person, dream, version of myself?

**Shadow voice:** If my shadow could speak freely, what truth would it name?

Liberation psychology (Martín-Baró) affirms that naming suppressed truths is a step toward healing and action.

# Weekly Reflection • Pattern Tracking

## Emotional Weather Report

Chart dominant emotions each day. Notice cycles, swells, quiet moments.

## Growth Tracker

One sentence about progress—even if it's “I showed up.”

## Energy Levels

Rate each day 1–10. Track how rest, food, social energy play in.

## Next Week's Intention

Set a boundary, ritual, or support request for future-you.

Figure out placement because the table below is supposed to be on this page

DAY	DOMINANT EMOTION	TRIGGER / CONTEXT	REFRAME / SUPPORT MOVE
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Weekend	_____	_____	_____

Weekly Reflection

Page 9

# Playlist Therapy • Soundtrack Your Nervous System

Music regulates emotions when words can't. Build playlists across emotional states.

Bring up placement lists this is a broken page series

## **Anger · Safe Rage**

Song 1

---

Song 2

---

Song 3

---

Song 4

---

## **Sadness · Honoring Loss**

Song 1

---

Song 2

---

Song 3

---

Song 4

---

## **Joy · Feeling Alive**

Song 1

---

Song 2

---

Song 3

---

Song 4

---

## **Calm · Grounding**

Song 1

---

Song 2

---

Song 3

---

Song 4

---

## Hype · Power Up

Song 1

---

Song 2

---

Song 3

---

Song 4

---

Hopefully all five playlists can be on one page if formatted diff

# Immediate Support & Crisis Lines

blank and split page bring up crisis info

## 24/7 Hotlines (US)

- 📞 988 Suicide & Crisis Lifeline (call / text)
- 💬 Crisis Text Line: Text HOME to 741741
- 🏳️ The Trevor Project: 1-866-488-7386
- ⚧ Trans Lifeline: 877-565-8860
- ❤️ BlackLine: 1-800-604-5841

## Grounding Moves

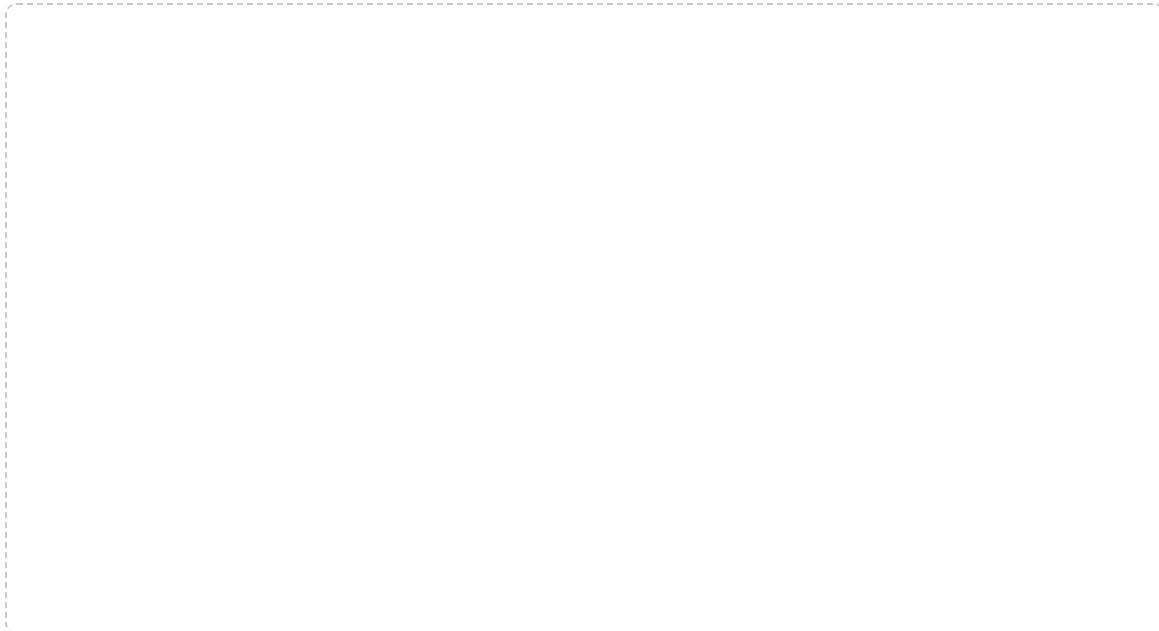
- Name five things you can see, four you can touch, three you can hear...
- Change sensory input: temperature, sound, texture.
- Ask a trusted adult to co-regulate (stay nearby, breathe together).
- Use the web app's Emergency Kit for scripts and tap-outs.

## Community & Care

- BEAM · beam.community
- NQTCN · nqttcn.com
- Loveland Foundation · thelovelandfoundation.org
- Atlas Academy · [atlas@feelingsunplugged.space](mailto:atlas@feelingsunplugged.space)

# Notes & Futures

Use this space for reflections, doodles, reminders, or curriculum adaptations you want to share back with Atlas Academy. Your feedback keeps the open-source ecosystem alive.

A large, empty rectangular area defined by a dashed black border, intended for users to write their notes or adaptations.

Share adaptations: [atlas@feelingsunplugged.space](mailto:atlas@feelingsunplugged.space)

# Credits & License

Feelings Unplugged is created by Dr. Erica L. Tartt and ~~the Atlas Academy scholar studio~~. This core curriculum is licensed CC BY-NC 4.0: share, remix, adapt—credit the work and keep essentials free for the young people you serve.

References: Ryan, R. M., & Deci, E. L. (2000); SAMHSA Trauma-Informed Care (2014); Liberation Psychology (Martín-Baró); Dr. Erica L. Tartt's doctoral research on adolescent brain health.