



MY FEELINGS Check-In



It's okay to have big feelings.
Noticing them helps me make good choices.

1. HOW DO I FEEL RIGHT NOW?

Circle or color a face.



Happy



Sad



Mad



Worried



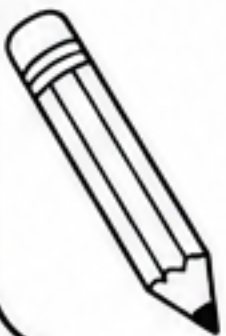
Excited



Other: _____

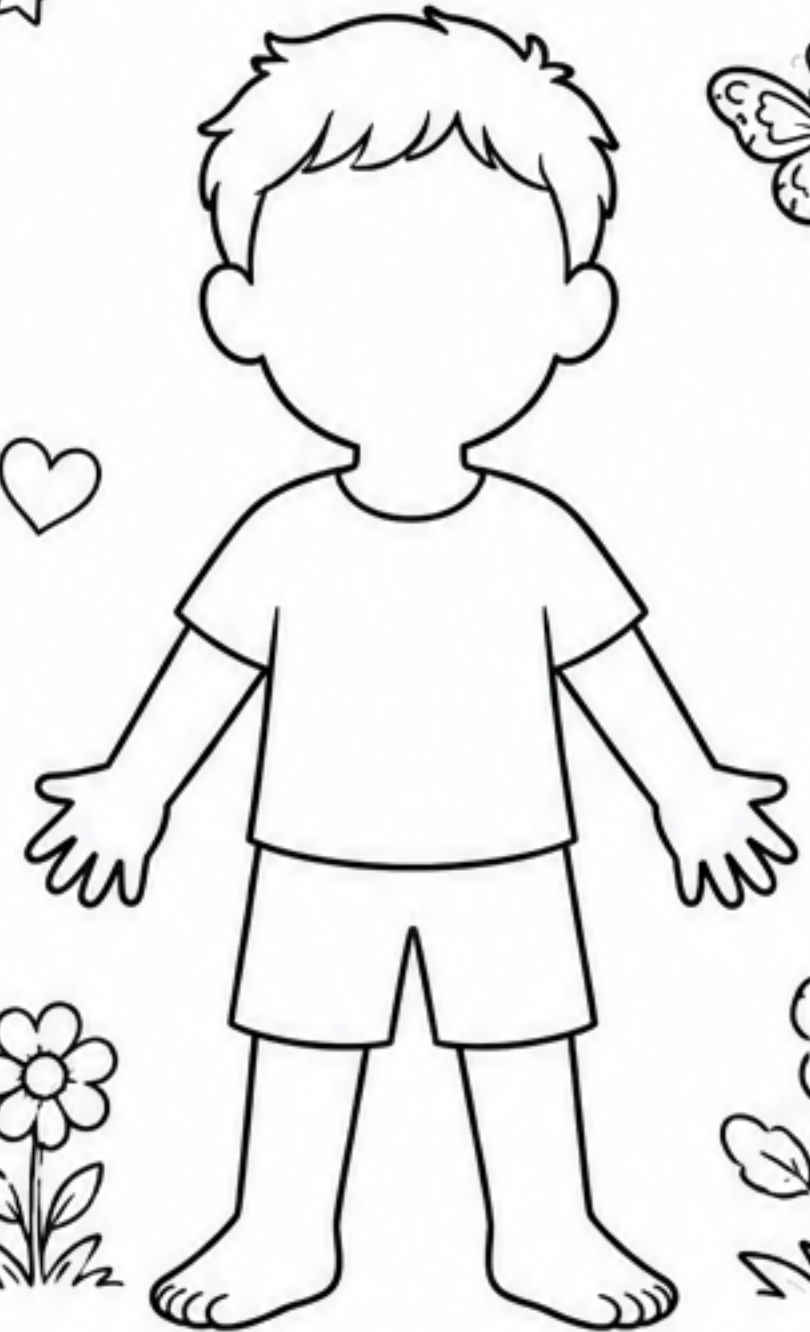
3. WHAT HAPPENED?

Draw or write about it.



2. WHERE DO I FEEL IT IN MY BODY?

Color or draw where
you feel it.



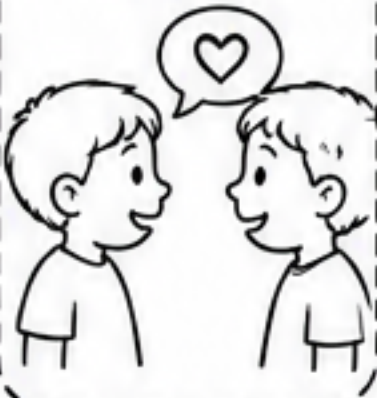
4. WHAT CAN I CHOOSE TO DO NEXT?

I have choices that can help me feel better or solve the problem.

Take a
deep breath.



Talk to
someone.



Take a
break.



Ask for
help.



Try
again.



Choose
another helpful
response.



My idea: _____

All my feelings are okay.
I can choose what I do next.





MY FEELINGS CHECK-OUT



I made it through my day.
Let's notice how it went.

1. HOW DO I FEEL RIGHT NOW?

Circle or color a face.



Happy



Sad



Mad



Worried



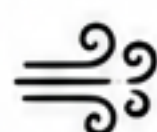
Excited



Other: _____

2. WHAT HELPED ME TODAY?

(Circle all that apply.)



I took a breath



I used my words



I talked to someone



I tried again



I took a break



Something else helped



I asked for help

3. ONE CHOICE I'M PROUD OF TODAY:

Draw or write about it.



4. WAS THERE A HARD MOMENT TODAY? ♥

What helped me get through it?

Draw or write about it.



5. TOMORROW I WANT TO PRACTICE...



I didn't have to have a perfect day
to have a growing day.

♥ Tomorrow, I get another chance to choose. ♥

