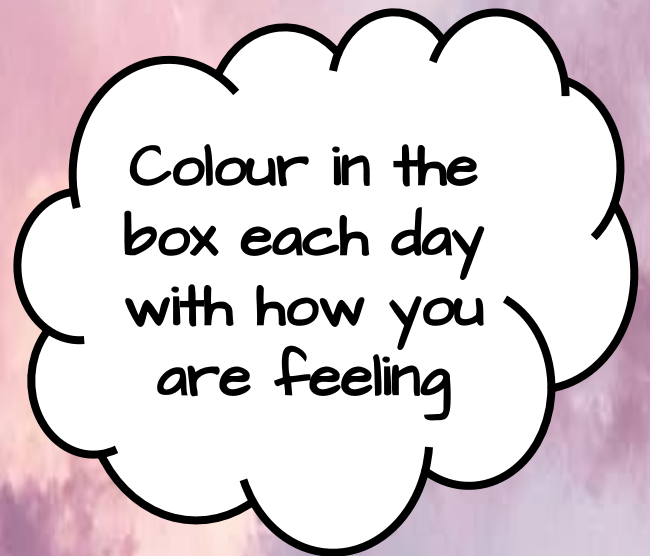


# Feelings Check-In

Angry	Nervous	Excited	Happy	Sad/ Lonely	Relaxed

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	



What do you notice about your feelings? Do they change on different days? Do they stay the same?



# Feelings Check-In



On Monday I feel \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

On Tuesday I feel \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

On Wednesday I feel \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

On Thursday I feel \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

On Friday I feel \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_



# Feelings Check-In



When I feel angry these thoughts go through my head:

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.



# Feelings Check-In



When I feel sad these thoughts go through my head:

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.



# Feelings Check-In



When I feel happy these thoughts go through my head:

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.

Blank writing area for thoughts.



# Feelings Check-In



When I feel nervous these thoughts go through my head:

Blank space for writing thoughts.

Blank space for writing thoughts.

Blank space for writing thoughts.

Blank space for writing thoughts.



# Feelings Check-In



My focus today is

Today I want to do more

I want to feel

In order to feel this way I need to

When I am struggling I can



# Feelings Check-In



I can talk to someone about how I am feeling.

I can let it out...cry, yell, sob. It's okay to express yourself.

I can focus on my breathing.

I can do something which makes me happy.

I can do some exercise or have a dance party.

I can get artistic, draw, write, paint how you are feeling.