

Today's

FEELINGS

Check-In

I feel...



Happy



Unhappy



Excited



Shocked



Unsure



Confused



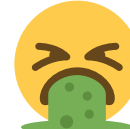
Sad



Lonely



Angry



Sick



Worried



Tired



Overwhelmed



Scared



Curious



Annoyed



Proud



Silly



Loved

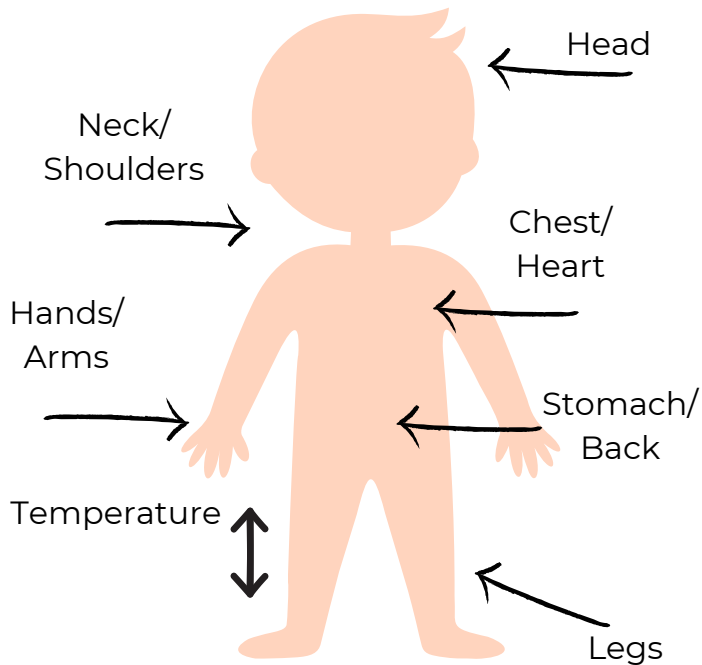


Strong

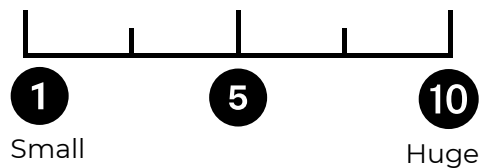


Embarrassed

The Feeling in my body...



The Feeling is...



My Thoughts Sound Like...

What I can do...

Relax: 5 Deep Breaths
Tense and Relax Muscles
Guided Imagery - think of my happy place
Hug/Snuggle a loved one/pet

Other _____

Distract: Puzzle/Book
Watch something funny
Draw/Paint/Playdough
Write a Story

Other _____

Move: Yoga/Stretch
Jumping Jacks
Bike Ride
Walk Outside

Other _____

