

# EMOTIONAL CHECK-IN!

Name: \_\_\_\_\_

Let's check in with how you're feeling today! Fill out this worksheet and return to your teacher to let them know anything you're feeling and how they may be able to help!

**WRITE 3 WORDS TO DESCRIBE HOW YOU'RE FEELING TODAY.**

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**WHY ARE YOU FEELING THIS WAY TODAY?**

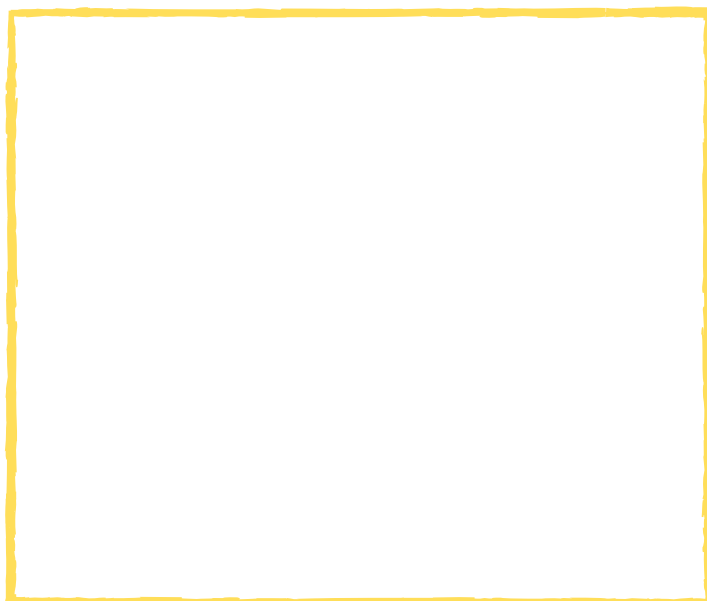
I am feeling this way today because

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**DRAW A PICTURE BELOW TO SHOW HOW YOU ARE FEELING TODAY.**



**CIRCLE WHAT WOULD MAKE YOU HAPPY TODAY!**

QUIET TIME

TALK WITH A FRIEND

ACTIVE MOVEMENT

TALK WITH TEACHER

GO OUTSIDE

PLAY TIME

OTHER: \_\_\_\_\_