



Feelings Check-In

You can choose more than one feeling. You can also skip any part of this page.

Right now I feel...

☐ Happy☐ Calm☐ Excited☐ Worried☐ Sad☐ Angry☐ Overwhelmed☐ Not Sure

I notice this feeling in my body here:

Circle or draw: head / chest / belly / hands / legs

Or write your own body clue:

Something that might help:

☐ a quiet minute☐ movement☐ a trusted person☐ a familiar activity☐ water or a snack☐ I am not sure yet

A gentle reminder:

You do not have to fix a feeling. Noticing it and telling a trusted adult can be useful steps.