

FEELINGS CHECK-IN

I'm feeling:



Happy



Calm



Focused



Frustrated



Tired



Sad



Nervous



Confused



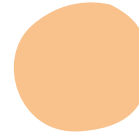
Excited



Ready



Angry



I feel it in my:

Head

Neck or shoulders

Arms or hands

Heart or chest

Stomach

Legs

This feeling is:



Small



Medium



Big

Thoughts in my mind:

Some coping skills I can use to feel better:

● Breathing exercises

● Dance around!

● Take a break

● Do some stretching

● Go out for a walk

● Count from 1 to 100

● Draw something

● Listen to music you like

● Watch a funny movie

● Paint something

● Go out for a hike

● Jump up and down

● Hug someone you love

● Talk to someone you trust

● Use positive self-talk

● Play with a calming toy

● Do a puzzle

● Tense and relax muscles