

Emotional Check-In

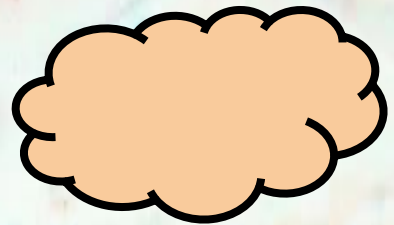
I am feeling...



Sad/Lonely



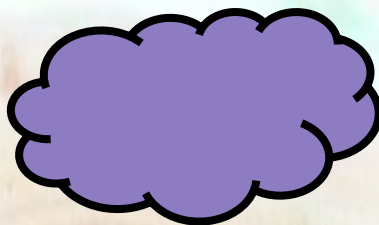
Angry



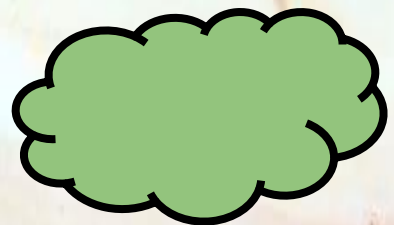
Proud



Happy



worried



Excited

Colour in a cloud each day
with how you are feeling:



Emotional Check-In

on **Monday** I am feeling _____

because _____

on **Tuesday** I am feeling _____

because _____

on **wednesday** I am feeling _____

because _____

on **Thursday** I am feeling _____

because _____

on **Friday** I am feeling _____

because _____





what to do when I am struggling with my emotions



It is okay not to feel okay.
Try these calming techniques.

Breathe in through
your nose and out
through your mouth
slowly 10 times

Take a drink of
water and think
about it travelling
through your body

Count backwards
from 10 or 100

Talk to a friend/adult
explain how you feel
and discuss what will
make you better

Think about a quiet
place, how it looks,
smells and feels to
be there

write down your
worries and then
scrunch up the piece
of paper

