My Feelings Check-In

Let's take a moment to name how you feel today.



Feelings Thermometer

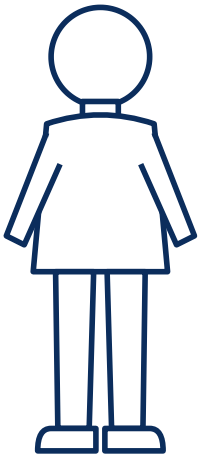
Today, I am feeling... Colour the thermometer up to your feeling.

I am feeling: _____

How do you feel? Draw a big circle around the face that matches your feeling.



Where do I feel it?



Circle it: head · heart · tummy · throat · feet

What made me feel this way?

What helps me feel better? Tick what helps.

- ☐ Hug
- ☐ Music
- ☐ Story
- ☐ Teddy bear
- ☐ Prayer
- ☐ Play
- ☐ Talking