

NAME:

FEELINGS CHECK-IN

Today is...

Circle the day today:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

The mood is...

Color the picture of your answer:



happy



lonely



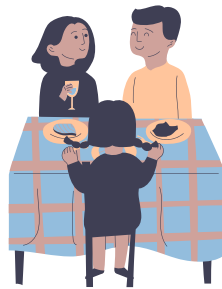
low (sad)



Emotionally heavy

I feel...

Write the name or color of your feeling:



Or, draw what you are looking forward to today:

Write about one goal you want to accomplish this week: