

My feelings check-in

A quiet moment just for you. There are no right or wrong answers here.



NAME _____ DATE _____

LEARNING GOAL

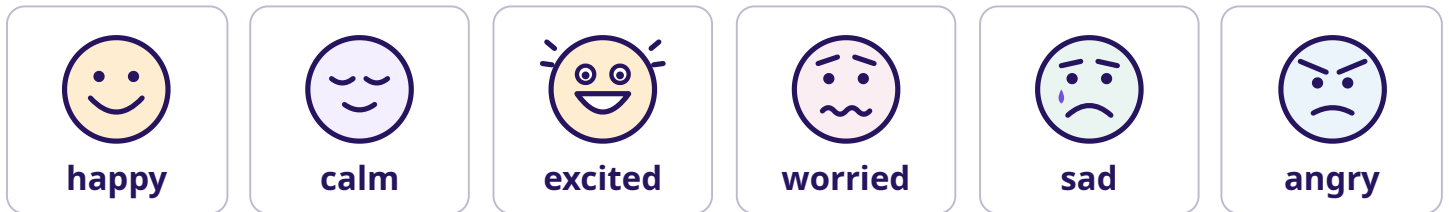
I can notice how I am feeling and find a way to show it.

SUCCESS CRITERIA

- ☐ I can choose a word for my feeling.
- ☐ I can show how big my feeling is.
- ☐ I can pick something that helps me.

1 How am I feeling right now?

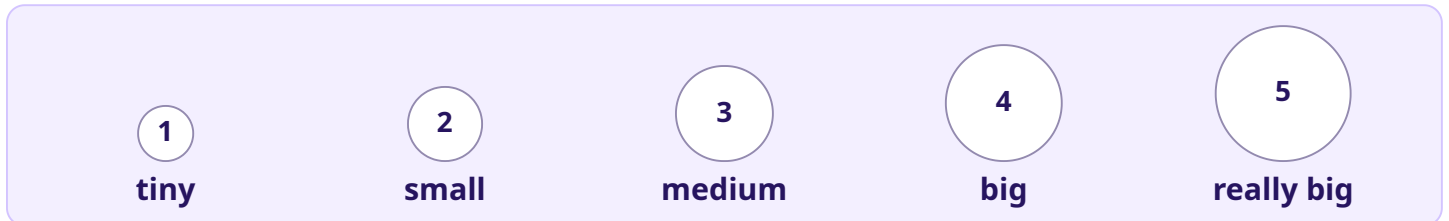
Circle the face that is most like you. You can circle two if you have mixed feelings.



Another word for my feeling: _____

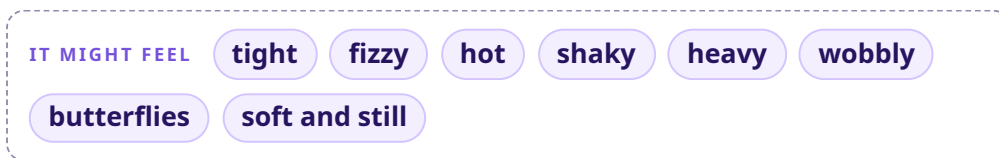
2 How big is my feeling?

Colour one circle. Small feelings are quiet. Big feelings fill you up.



3 Where do I feel it in my body?

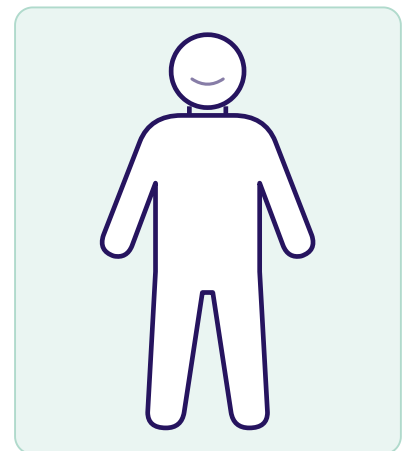
Colour the places where you notice your feeling. It might be your tummy, your chest, your head or your hands.



My feeling feels _____ in my _____.



Not sure? That is okay. Take a slow breath, close your eyes and notice. You can leave this part empty.



What happened, and what could help?

You can draw, write, or tell a grown-up and they can write for you.



4 What happened?

Draw or write what happened before you felt this way. It can be something big or something small.

MY PICTURE

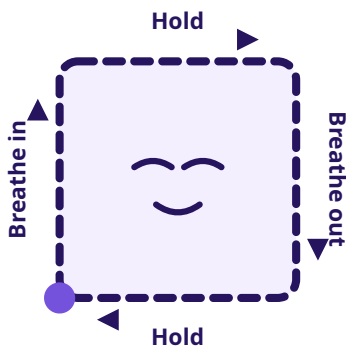
SENTENCE STARTER

I feel _____ because _____

5 What could help me?

Tick one or two ideas you would like to try. Then try the breathing square together with your grown-up.

BREATHING SQUARE



Start at the dot and go up. Trace each side with your finger and count slowly to 3.

☐

Have a drink of water

Small sips, slowly.

☐

Go to a quiet space

Sit somewhere calm for a few minutes.

☐

Talk to a grown-up

Tell someone I trust how I feel.

☐

Move my body

Stretch tall, march or shake it out.

☐

Squeeze and let go

Squeeze my hands tight, count to 3, then let go.

☐

My own idea

6 Who can I talk to?

Write or draw people you trust. Everyone needs someone to talk to.



AT SCHOOL



AT HOME



SOMEONE ELSE



All feelings are okay. Feelings come and go, like the weather. Asking for help is a brave and clever thing to do.

My week of feelings

Check in once a day. Over a week you may spot what helps you most.



NAME _____ WEEK BEGINNING _____

Each day: circle a face, colour a number to show how big the feeling is, then write or draw one thing that helped.

Monday



happy



calm



excited



worried



sad



angry

HOW BIG?

1 2 3 4 5

WHAT HELPED?

Tuesday



happy



calm



excited



worried



sad



angry

HOW BIG?

1 2 3 4 5

WHAT HELPED?

Wednesday



happy



calm



excited



worried



sad



angry

HOW BIG?

1 2 3 4 5

WHAT HELPED?

Thursday



happy



calm



excited



worried



sad



angry

HOW BIG?

1 2 3 4 5

WHAT HELPED?

Friday



happy



calm



excited



worried



sad



angry

HOW BIG?

1 2 3 4 5

WHAT HELPED?

7 Looking back at my week

SOMETHING THAT WENT WELL

SOMETHING I WOULD LIKE HELP WITH



This week I found out that _____ helps me feel better.