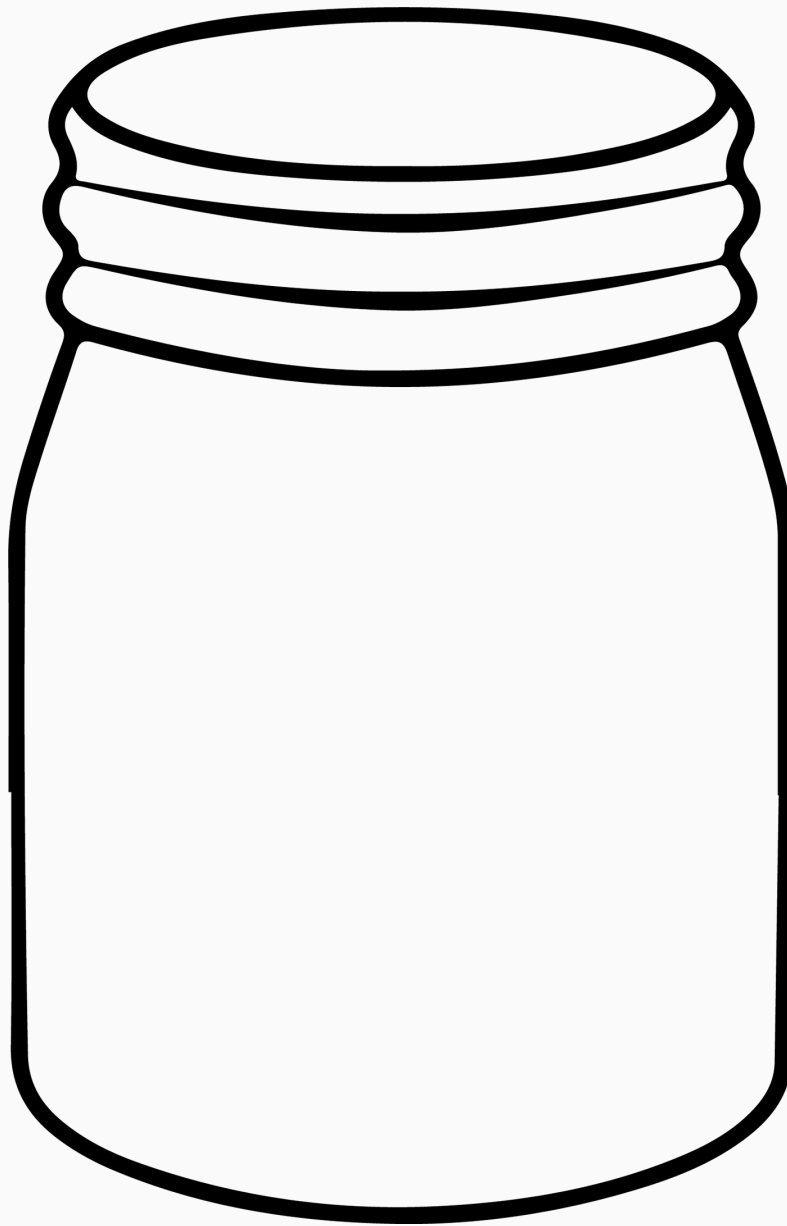


Name:

Class:

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry

Happy

Sad

Nervous

Excited

Calm

Name:

Class:

Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry = Red

Happy = Yellow

Sad = Blue

Nervous = Purple

Excited = Green

Calm = Orange