

Feelings Check-in

Life is different right now, for everyone. Our kids are having to make huge adjustments in their daily school routine and that will bring up some emotions, big emotions. This activity facilitates identifying and exploring thoughts and feelings. Use the *How are you Feeling* piece as a tool to build feelings vocabulary and deepen your child's ability to recognize accurate feelings. The check-in asks:

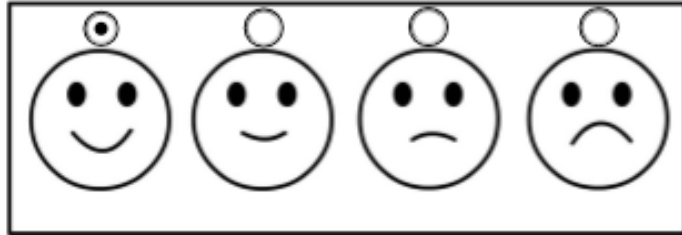
- How your kids are feeling
- What are their favorite new activities
- What they miss
- And things they are looking forward to

How Are You Feeling Today?



Feelings Check-In

How am I feeling?



My Favorite New Activity	I Really Miss
Inside: <hr/> <hr/> <hr/>	1. <hr/> <hr/>
Outside: <hr/> <hr/> <hr/>	2. <hr/> <hr/> <hr/> 3. <hr/> <hr/> <hr/>

Things I'm looking forward to:

- 1.
- 2.
- 3.

Today I will do this because it brings me joy: