

Draw a face or write out your feelings.

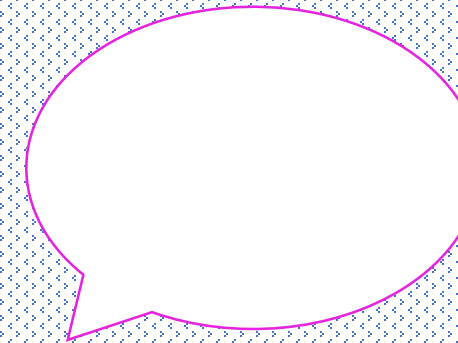
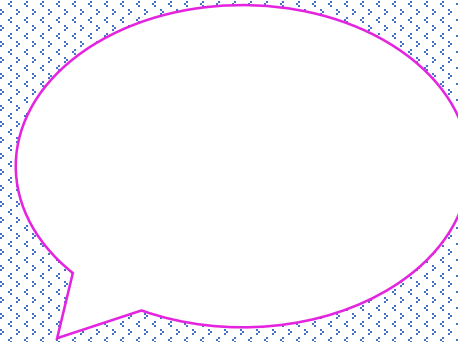
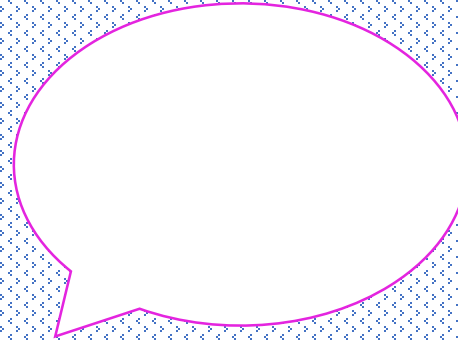
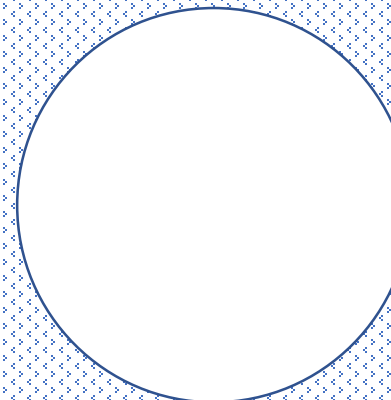
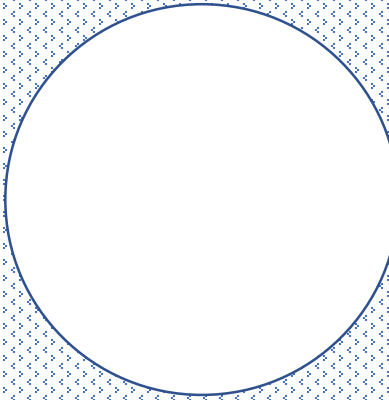
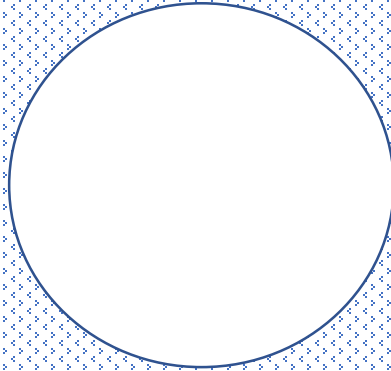
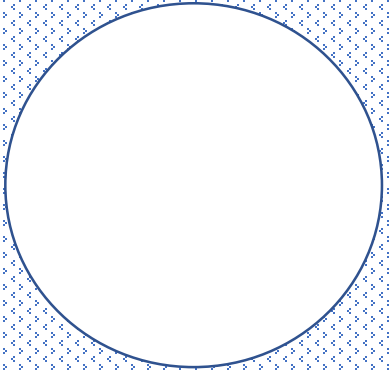
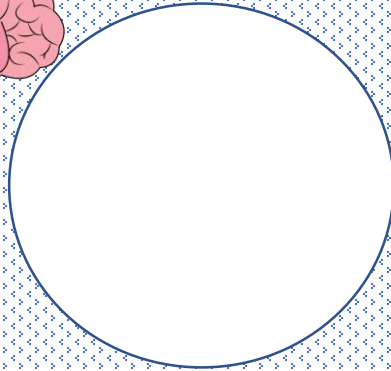
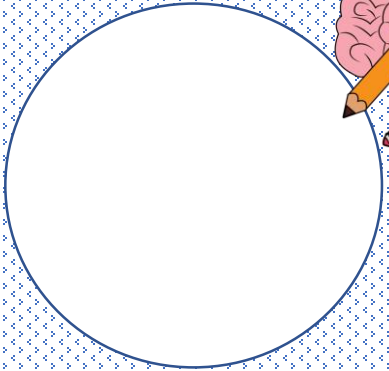
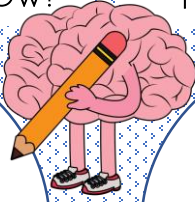
EMOTIONAL CHECK-IN CHART

FOR KIDS

HOW DO I FEEL RIGHT NOW?

HOW DO I WANT TO FEEL?

WHAT CAN I DO IF I WANT TO MAKE A CHANGE?



To give your brain a big boost, check in with your emotions several times a day until you are comfortable identifying and naming them.

Hey Parents, make a BIGGER impact by printing and filling out your own chart right next to your child!