



Your name
goes here!

CHECK-IN JOURNAL

With a Focus on Self-Management



by WholeHearted School Counseling



BREATHING Check-Ins

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



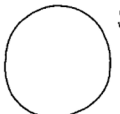
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

Try this exercise: **BREATHE IN CALM**

1. As you breathe in, say to yourself, "I breathe in calm."
2. As you breathe out, say to yourself, "I breathe out peace."
3. Repeat this breathing exercise at least 5 times.



peace

Slow and focused breathing is one way to help your body and mind feel calm and peaceful. What else helps you to feel calm and peaceful?

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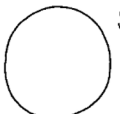
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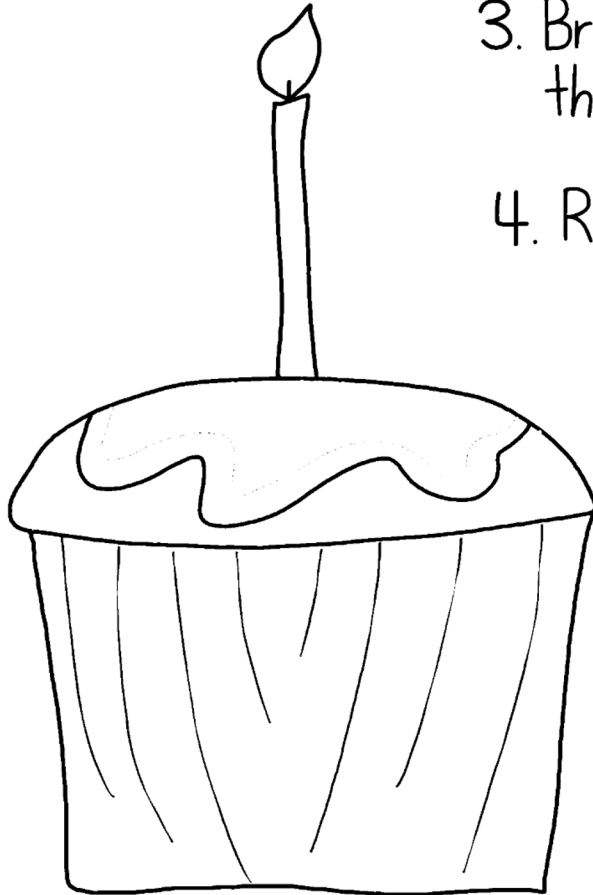
Silly/
Energetic



Something Else:)

Try this exercise: CANDLE BREATHING

1. Pretend you are holding a birthday cupcake.
2. Breathing in through your nose, imagine you are smelling the sweet, delicious cupcake. Slowly count 1, 2, 3, and 4.
3. Breathing out through your mouth, blow out the candle. Slowly count 1, 2, 3, 4, 5 and 6.
4. Repeat Candle Breathing at least 5 more times.



What is one thing you would like to learn more about or try by your next birthday?

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Circle or write in your answer.



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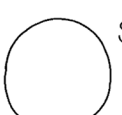
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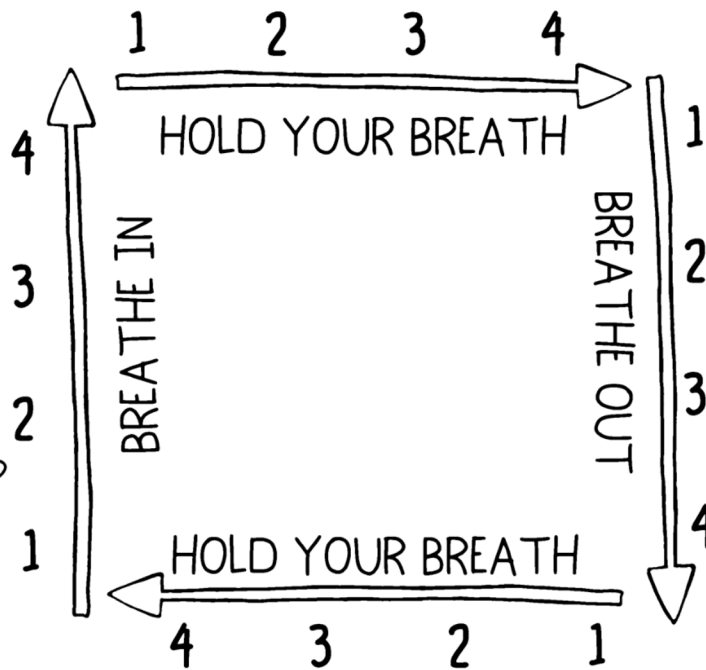
Silly/
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Something Else: ☺

Try this exercise: SQUARE BREATHING

1. Breathe in for the count of 4.
2. Hold your breath for the count of 4.
3. Breathe out for the count of 4.
4. Hold your breath for the count of 4.
5. Repeat square breathing five to ten more times.



When would it be helpful for you to use a breathing exercise?

How do you feel today?

Circle or write in your answer.



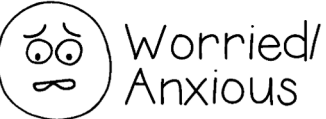
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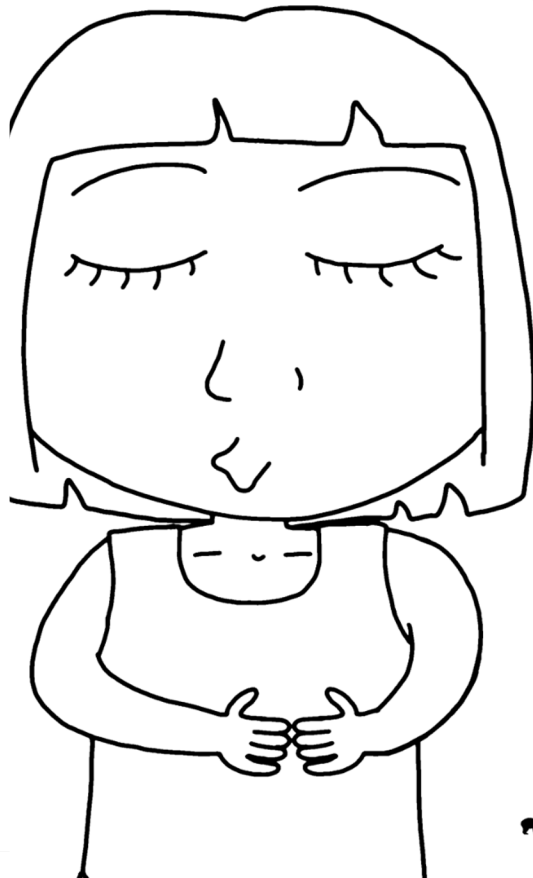


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Energetic



Something Else:)

Try this exercise: **HOT COCOA**



1. Pretend you are holding a mug of hot cocoa cradled between both of your hands.
2. Bring the mug near your face and take a slow breath in. Imagine that you are smelling the yummy, comforting chocolate aroma.
3. Slowly, with gentleness, exhale. Pretend to blow the steaming hot cocoa to cool it down.

What comforts you when you feel sad, lonely, worried or tired?

How do you feel today?

Circle or write in your answer.



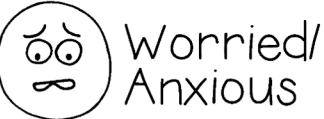
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Try this exercise: DRAGON BREATH

1. Take a deep breathe in through your nose.
2. Then stick your tongue out and let a big breathe out. You can say, "Hah!" as you breathe out. Imagine you are a fire breathing dragon.
3. Try Dragon Breath a few more times.



What can trigger you to feel fiery, fierce anger?

How do you feel today?

Circle or write in your answer.



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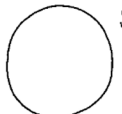
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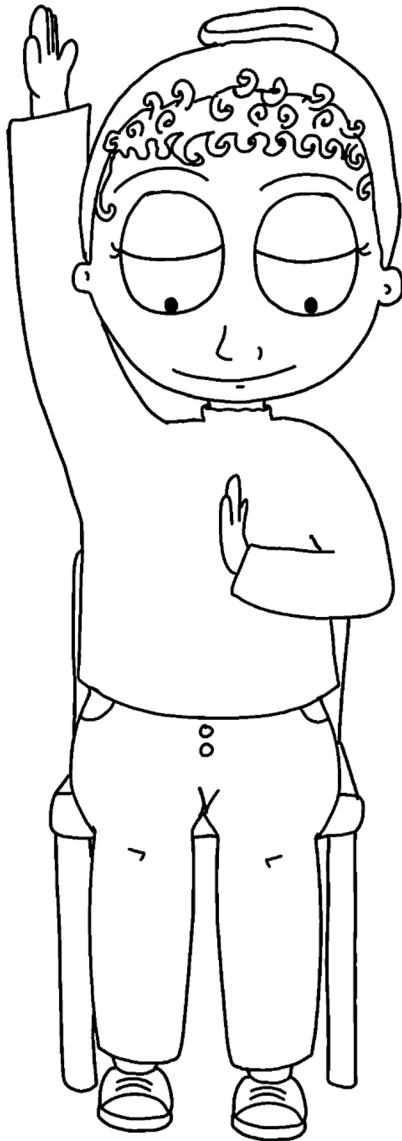
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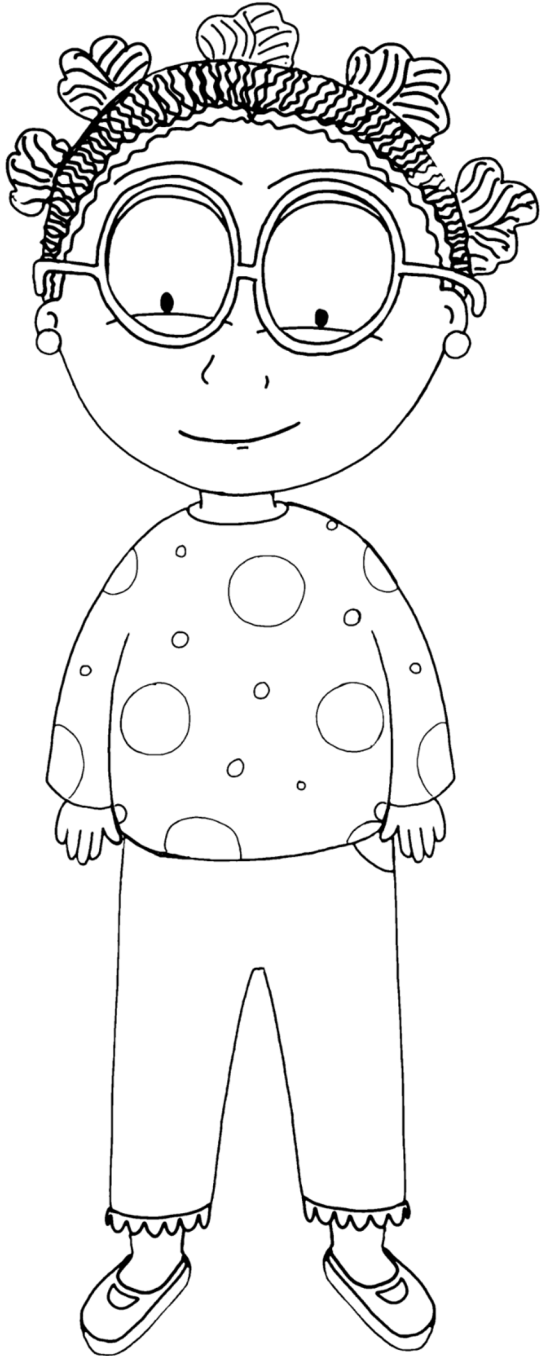
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Try this exercise: **ELEVATOR BREATHING**

1. Touch your palms together in front of you.
2. As you lift your left arm straight up, breathe in. Keep your right arm still.
3. Breathe out as you slowly lower your left arm, and then join the palms of your hands together again, holding your breath for a moment.
4. Switch sides. This time breathe in as you slowly lift your right arm up. And breathe out as you slowly lower your right arm down, joining your palms together.
5. Continue to switch arms and breathe like this for a minute or two.



When you feel stress, anger, or anxiety, where do you notice tension or tightness in your body?



GROUNDING Check-Ins

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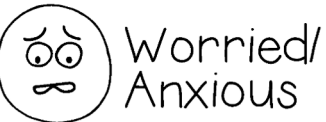
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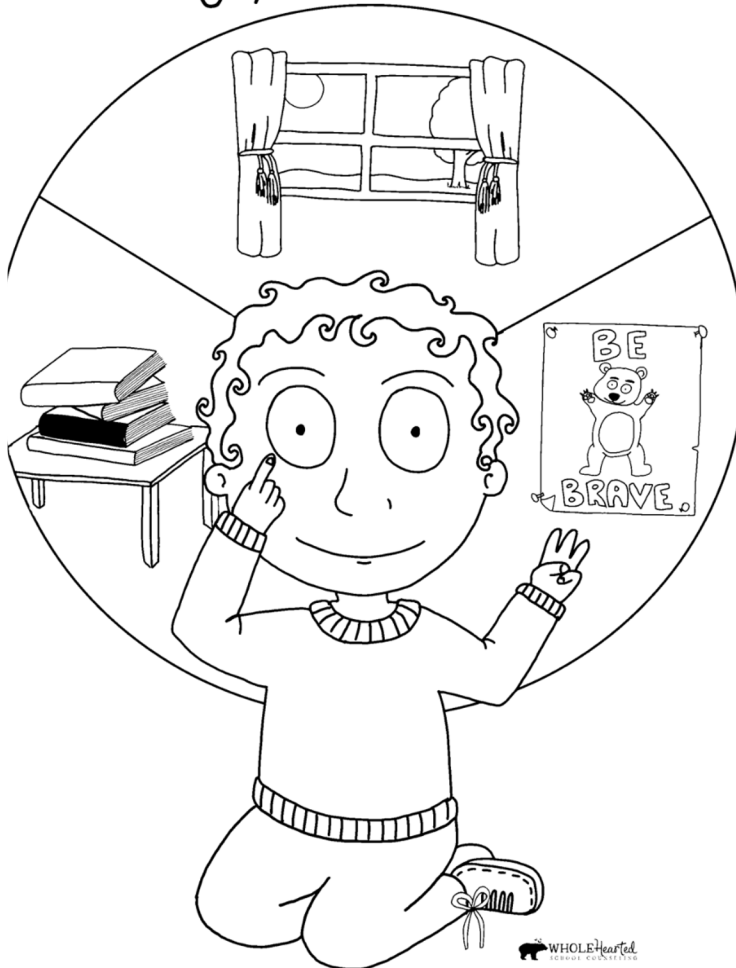
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Something Else:)

Try this exercise: 3 SENSES

1. Take a few slow and focused breaths.
2. Using your sense of sight, notice 3 things that you see.
3. Using your sense of hearing, Notice 3 things that you hear.
4. Using you sense of touch, notice 3 things that you feel.



The 3 things I see are:

The 3 things I hear are:

The 3 things I feel are:

How do you feel today?

Circle or write in your answer.



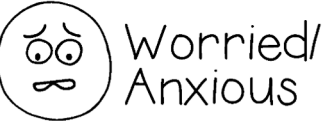
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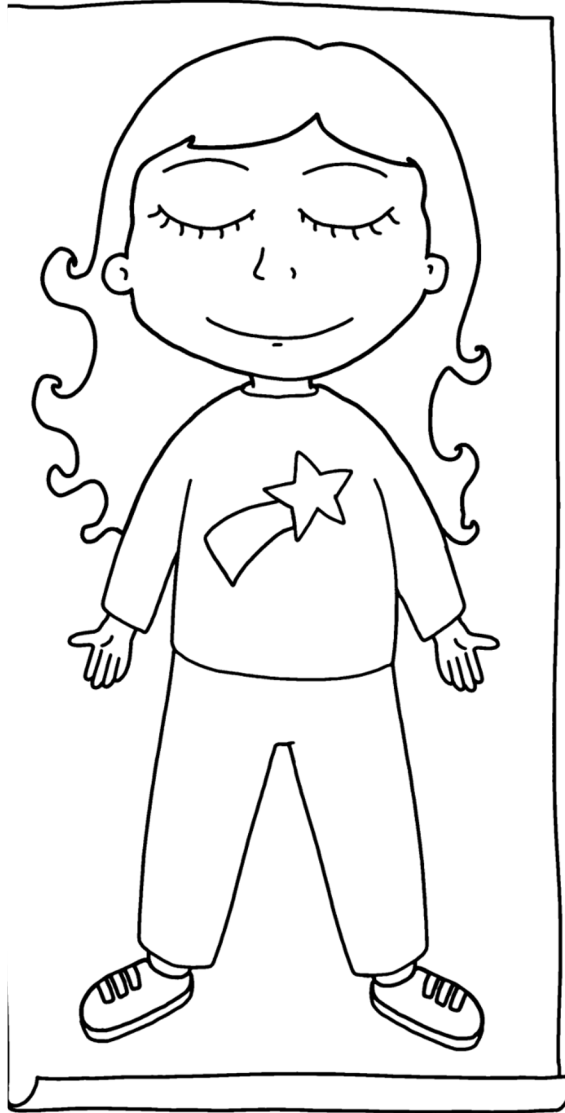
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Something Else:)

Try this exercise: SENSATION ZOOM

1. Close your eyes and lay down or sit in stillness for a few moments.
2. Zoom your attention to the physical sensations in your body.
3. Notice the physical sensations in your feet....legs....belly....chest...back....arms... hands...shoulders...neck...and face.



What physical sensations in your body do you notice?

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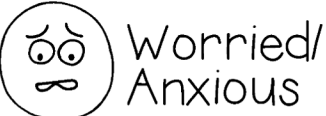
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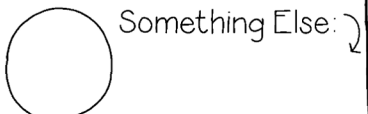
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Something Else: ↷

Try this exercise: **SILLY FACE**

Get playful and make your silliest face!

If you can, check out your silly face in the mirror.

Notice how you feel when you get your sillies on.

What do you like to do for play?




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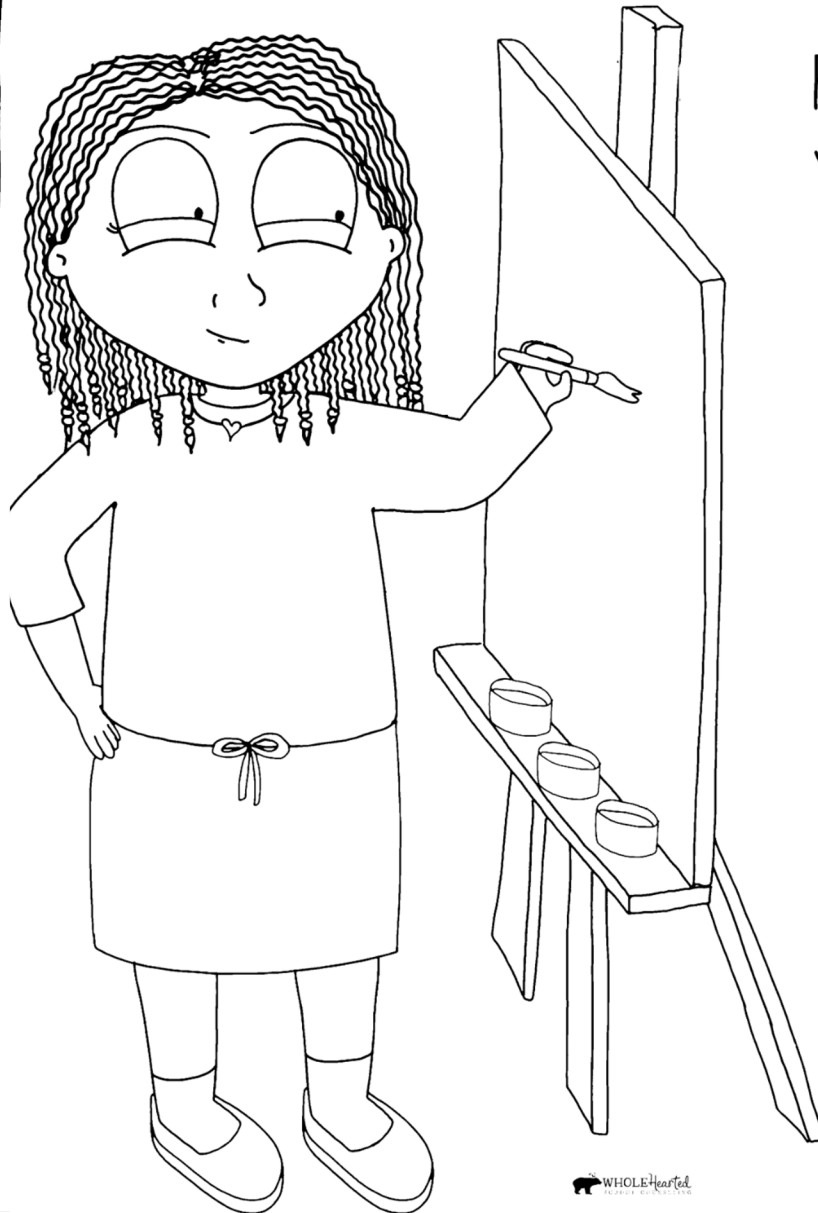
 Something Else:)

Try this exercise: **GET CREATIVE**

Make, create, or build something.

Focus on just creating, and don't worry about how it comes out.

Some ideas are: draw, write, sculpt, paint, act, make music, sing, take photos, color, woodworking, weave, crochet, bake, cook, or dance!



How do you like to express your creativity?

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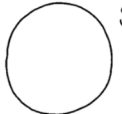
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Something Else:)

Try this exercise: A RELAXING MASSAGE



1. Using your right hand, squeeze and rub your left hand, arm, and shoulder.
2. Switch sides, this time use your left hand to give your right hand, arm and shoulder a massage.
3. You can also try giving your neck and head a massage, too.

What are some different things you can do to relax your body?

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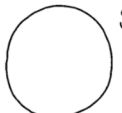
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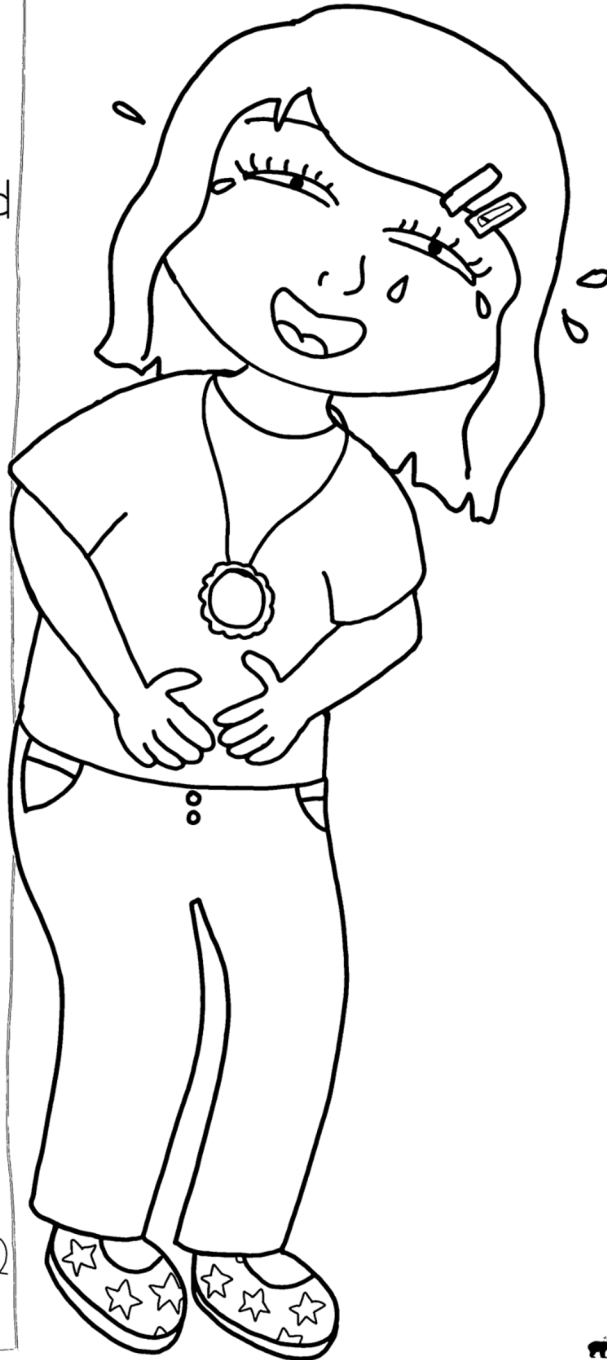
Happy



Silly/
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Something Else:)



Try this exercise: LAUGH!

1. First smile, and then after a few seconds, turn that smile into a laugh, even if you have to fake it.
2. Try laughing with a snort. Then try laughing loudly. How about your silliest laugh?
3. You can also try to remember a time when you had a serious case of belly laughter to get your laughing going strong.

Laughing is a great way to reduce stress. What makes you laugh?
Try to list at least 3 examples.

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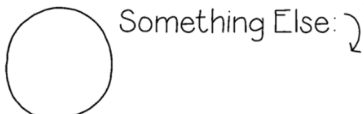
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Something Else:)

Try this exercise: SIGHT SEARCH

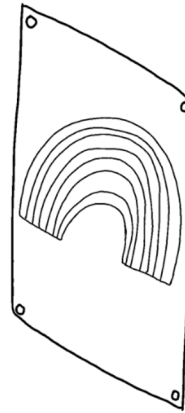
1. Look around the room and try to find:

4 different colors

3 different shapes

2 different textures

1 thing that makes you smile or think, "Wow, that is pretty cool."



What was the thing that made you smile or you noticed was really cool?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



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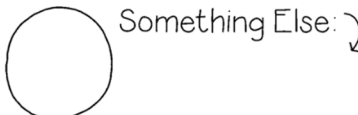
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Something Else:)

Self Care Tip: **CRY**

- When you feel sad, overwhelmed, or really stressed out, allow yourself to cry, especially if you feel the urge to let out some tears.
- Crying is healthy and good for you because it gets rid of stress chemicals in your body.



When is a time you cried?
How did you feel after
crying?

How do you feel today?

Circle or write in your answer.



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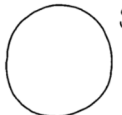
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Something Else:)

Try this exercise: HUM OR SING A SONG

1. Hum or sing a song. Don't worry how you look or sound. Just let the music out!

2. Don't worry how you look or sound. Just let the music out!



What are some of your favorite songs?

How do you feel today?

Circle or write in your answer.



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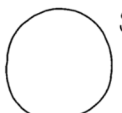
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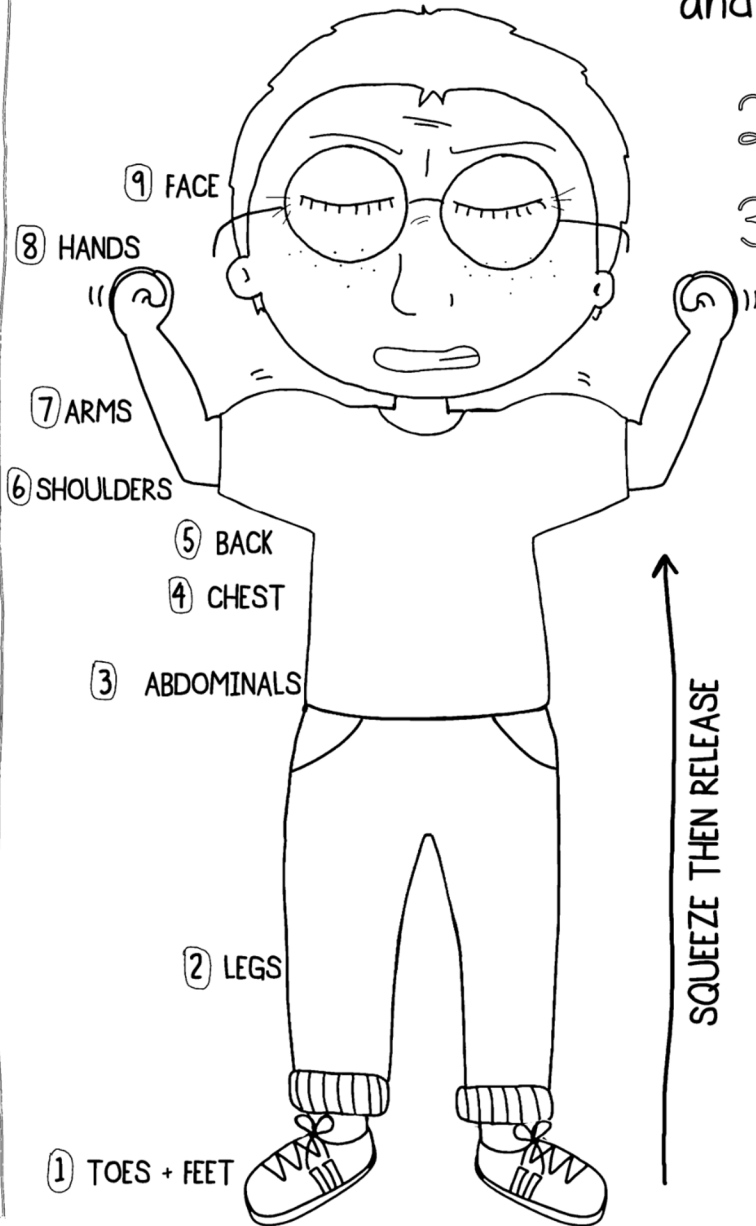
Try this exercise: SQUEEZE THEN RELEASE

1. Starting with your toes and feet, squeeze and tighten all your muscles for 5 seconds.

2. Then release and relax those muscles.

3. Now squeeze and tighten up all your leg muscles for 5 seconds. Then release and relax those muscles.

4. Continue to move up your body, squeezing and releasing your abdominals, chest, back, shoulders, arms, hands, and then lastly, face muscles.



How does your body feel after you try this exercise?

How do you feel today?

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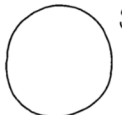
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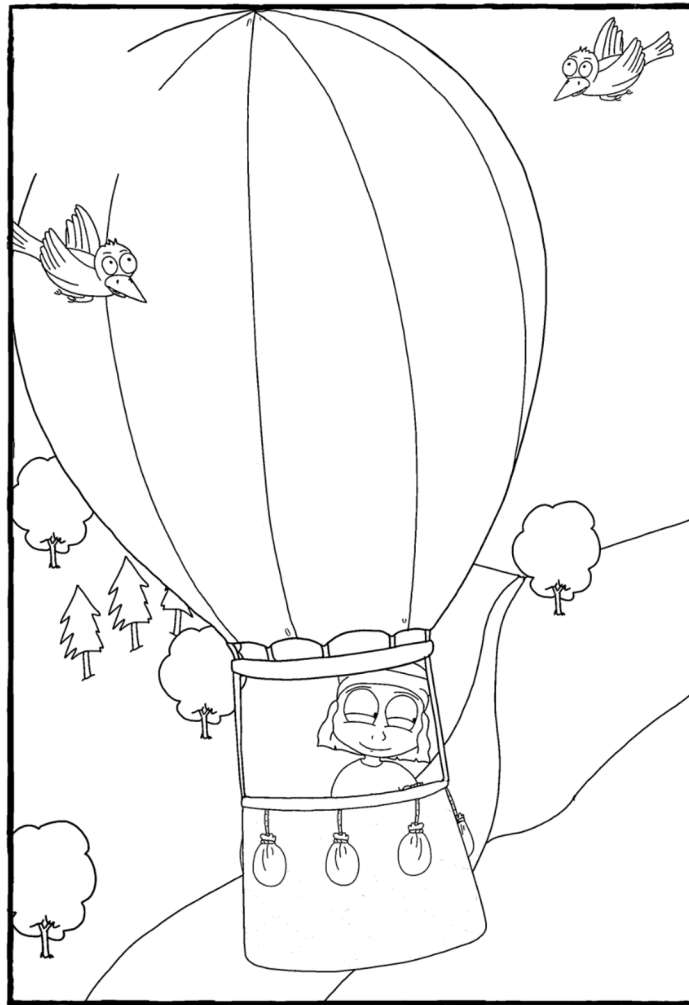


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Something Else:)

Try this exercise: **HOT AIR BALLOON**



1. Imagine you are traveling in a hot air balloon, slowly floating over your favorite place outdoors. Perhaps you are flying over the mountains, the ocean, a lake, or your favorite park.

2. Visualize what you see down below.

Describe what you see on your imaginary hot air balloon ride.

How do you feel today?

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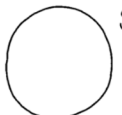
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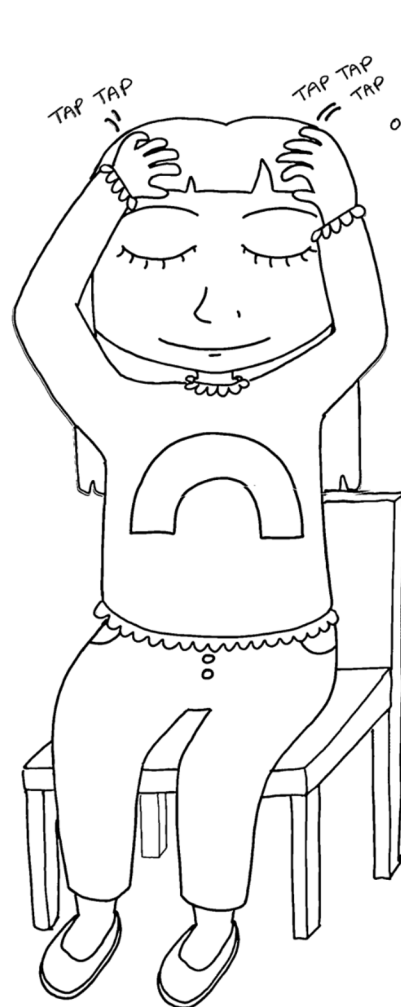
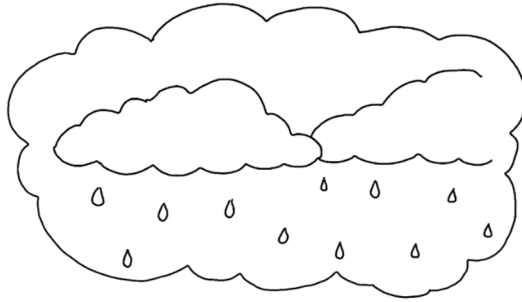


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Something Else:)

Try this exercise: RAIN TAPPING



1. Lift your hands above your head and curl your fingers slightly.
2. Gently and quickly tap the top of your head using both hands, like refreshing raindrops falling down on you.
3. Tap all around your head, from the back, to the sides, towards your temples, ears, and forehead.

Rain tapping can help you become more alert. What are some other things that help you to focus?



MOVEMENT

Check-Ins

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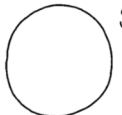
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Try this exercise: **RUN**

1. Get your heart pumping and your muscles moving by running!
2. If you are indoors, try to quietly run in place for at least one minute.
3. If you are outdoors, pick out a spot or "finish line" and run as fast as you can to get there.
4. You can also play an outdoor game that involves running, too!



Exercising is a great way to release tension from your body when you feel anxious, angry or upset. What is one of your favorite ways to exercise?

How do you feel today?

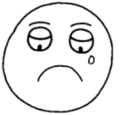
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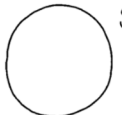
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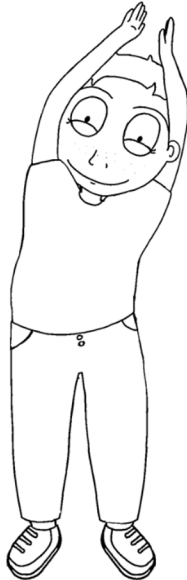
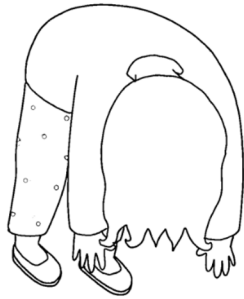
Something Else:)

Try this exercise: STRETCH

1. Stretch your muscles!

2. Use the images on the left for ideas.

3. Try to hold each stretch for at least 15 seconds.



Write about a time when things did not go your way and how you dealt with it.

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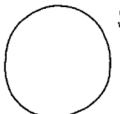
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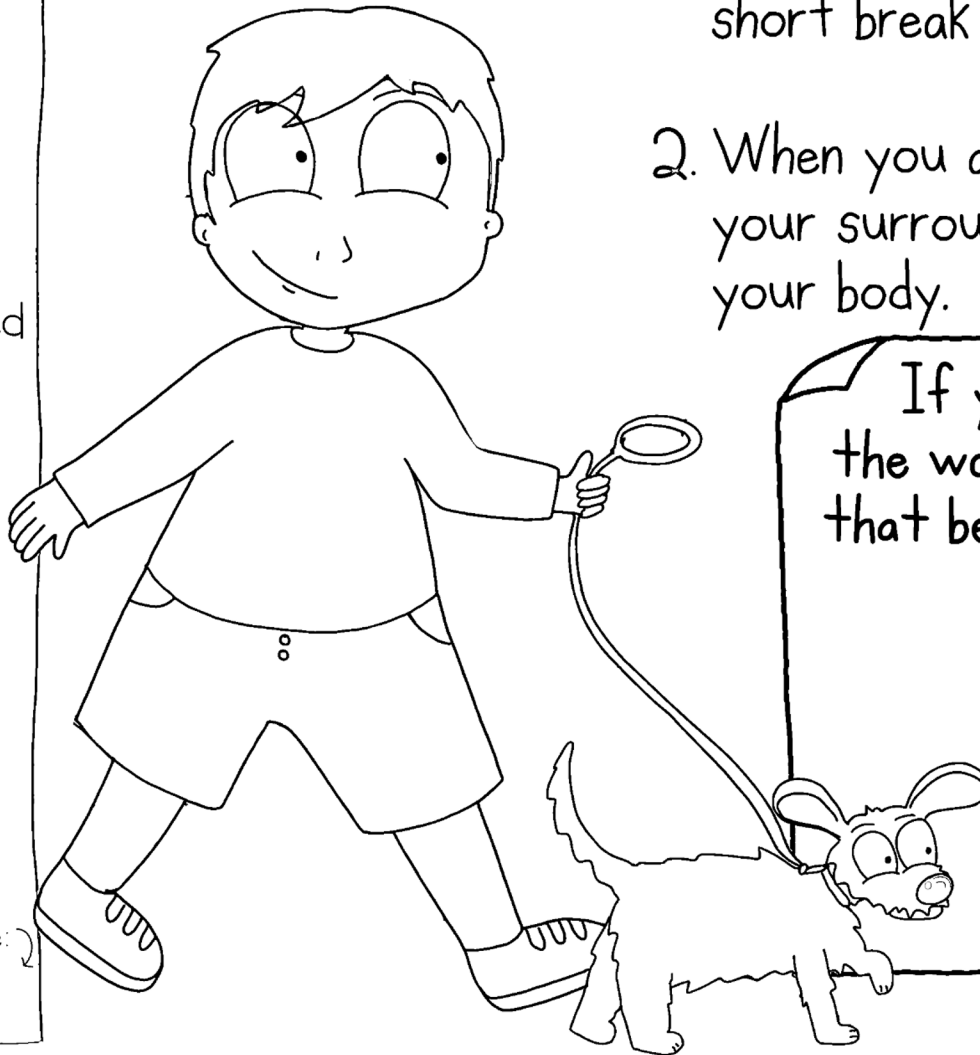
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Try this exercise: GO ON A WALK

1. With permission from your grown-up in charge, go on a walk around the neighborhood if you are home, playground if it's recess, or hallways if you need a short break while doing classwork.
2. When you are walking, pay attention to your surroundings and the sensations in your body.



If you could be anywhere in the world right now, where would that be? Who would be with you?

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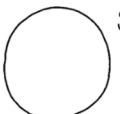
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Try this exercise: DANCE



1. Turn on some music...or imagine a song playing in your mind.
2. Now get up and DANCE!
3. Dance like no one is watching! Dance to get your feelings out! Dance to be playful and silly!

How do you feel when you dance?
Do you feel happy, shy, excited,
embarrassed, or something else?

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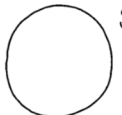
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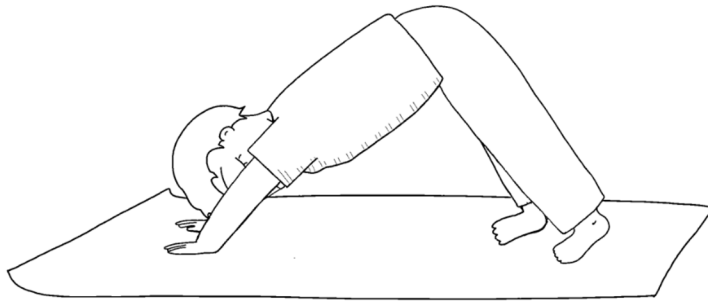


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Try this exercise: YOGA

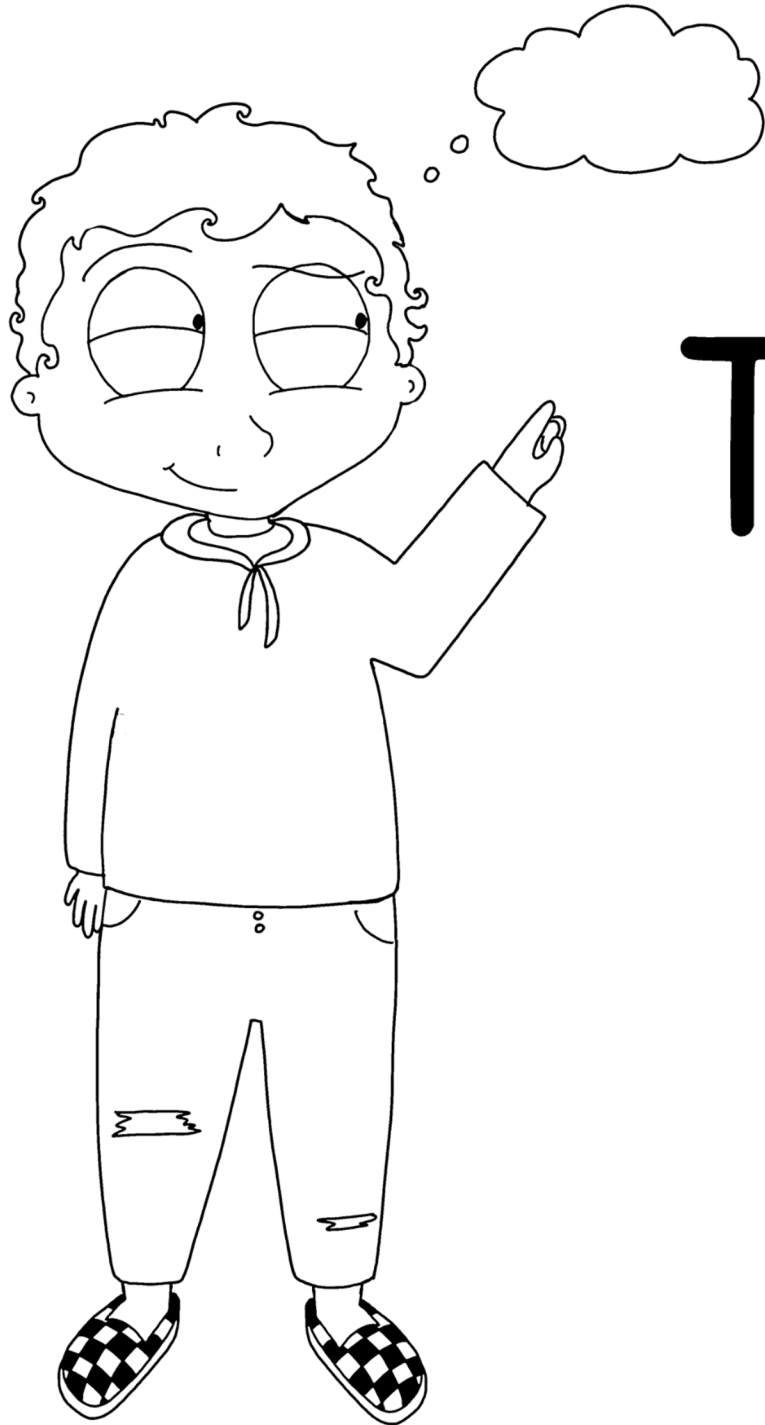


1. Do some yoga poses.

2. Use the images on the left for ideas.

3. Try to hold each pose for at least 15 seconds.

What is something that is really important to you?
Why is it important?



THINKING

Check-Ins

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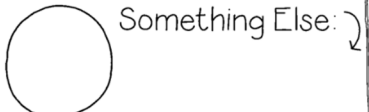
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Try this exercise: CLOUD THOUGHTS

1. Zoom your attention to your thoughts. Without judgement, just notice all the thoughts that are passing through your mind.

2. Imagine those thoughts are like clouds that are passing along through the blue sky. Just let your thoughts come and go.



What thought would you like to pass on by like a cloud?

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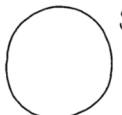
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

LOOKING ON THE BRIGHT SIDE

Looking on the bright side of things, or the positives in a negative situation, can make it easier to get through tough challenges, cope, and find solutions.

Match the Bright Side Thoughts to the tough situations below.

TOUGH SITUATIONS

Your friend chooses to hang out with someone else during break.

Your teacher assigned a huge project that seems really hard to do.

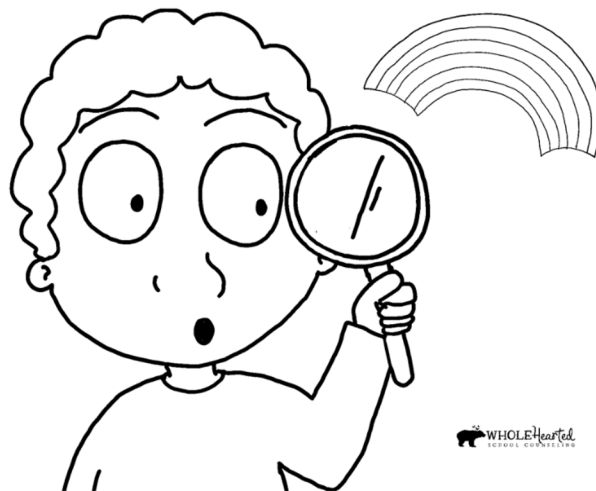
You have to clean your very messy room.

BRIGHT SIDE THOUGHTS

"This project is going to take a lot of work but I bet I will learn a lot."

"I don't really like to clean, but it is nice when my room is organized."

"That's okay. We can hang out another time. I can have fun with someone else, too!"



When have you looked on the bright side of things?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



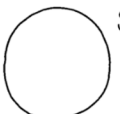
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

GRATITUDE JAR



1. Think about what you feel grateful or thankful for.
2. Write or insert pictures of what you are grateful for into your Gratitude Jar!

SOME IDEAS:

- Pets
- Food
- Things that Make You Smile
- Family
- Songs
- Memories
- Games
- Hobbies
- Nature

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



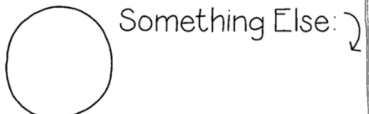
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

HELPFUL VERSUS HURTFUL THOUGHTS

Even though you can't change the thoughts that "pop" into your mind, you can choose how to respond to those thoughts. For example, you can choose whether or not to believe them and/or come up with thoughts that are more helpful.

Match the hurtful thoughts with the helpful thoughts that best "talk back."

HURTFUL

I AM A BAD PERSON.

I WILL NEVER BE GOOD AT THAT.

I'M GOING TO PUNCH SOMEONE.

HELPFUL

I WILL TRY MY BEST.

NEED TO COOL OFF BEFORE DOING ANYTHING.

I MADE A MISTAKE AND DID SOMETHING BAD.



What helpful thought can you tell yourself right now?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



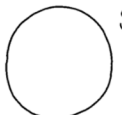
Calm/
Content



Happy



Silly/
Energetic

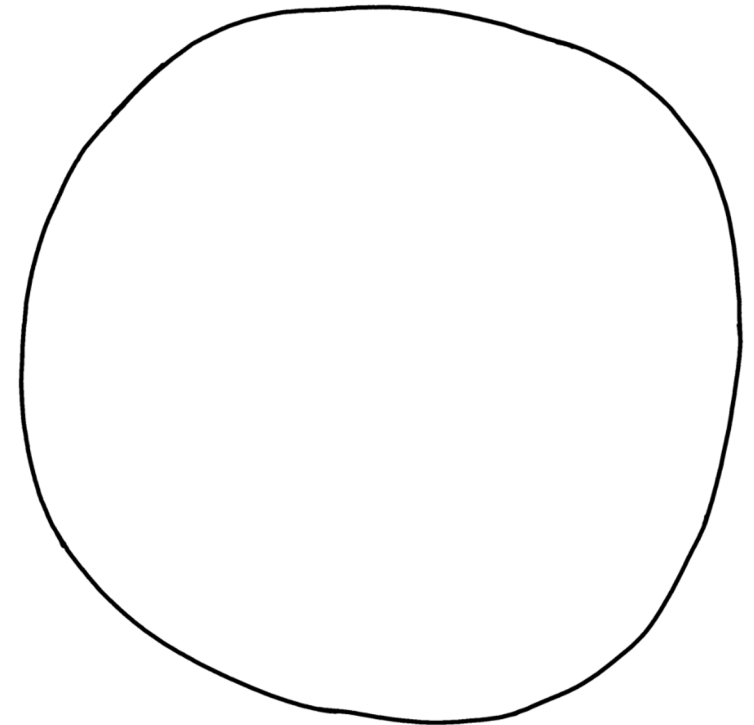


Something Else:)

FOCUS ON THINGS YOU CAN CONTROL

When things start to feel overwhelming, unjust, unsettling, or scary, you might start feeling or even acting "out of control." When this happens, try to focus your thoughts and behavior on the things you CAN control. And let go of, or move your attention away from, the things you can't control.

Write down what you CAN control inside the circle. Write down what you CAN'T control outside the circle.



What is something within your control that would be helpful for you to focus on?

CONNECTION

Check-Ins



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



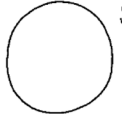
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

Self Care Tip: ASK FOR HELP

- When you are dealing with a difficult or challenging problem, ask a person you trust for help.
- Try asking for help by saying, "Can we talk in private? There is something I need help with," or "I'm having a rough day, can we talk?"



Who are the people you can turn to when you need help?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



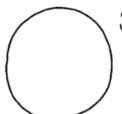
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Content



Happy



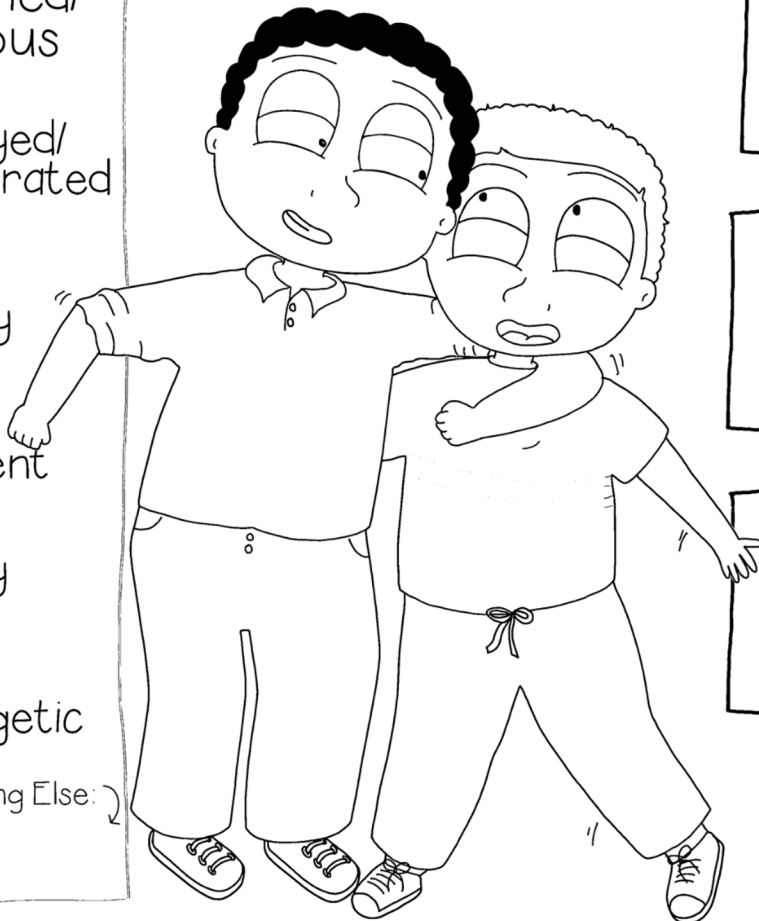
Silly/
Energetic



Something Else:)

MY SUPPORT TEAM

Who are some of the people you can turn to when you need help or support?



When I feel worried or stressed out, I can talk to _____.

When I am struggling with school, I can ask _____ for help.

When I need a good laugh, I can talk to _____.

When I need help with a problem at home, I can talk with _____.

GRATITUDE LETTER

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



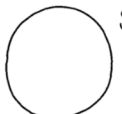
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

1. Think of someone who has shown you kindness, care, or helped you out.

2. Thank them by writing a gratitude letter. Include some of the specific things they have done to make your better.



Dear _____,

Sincerely,

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



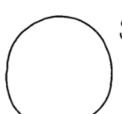
Calm/
Content



Happy



Silly/
Energetic

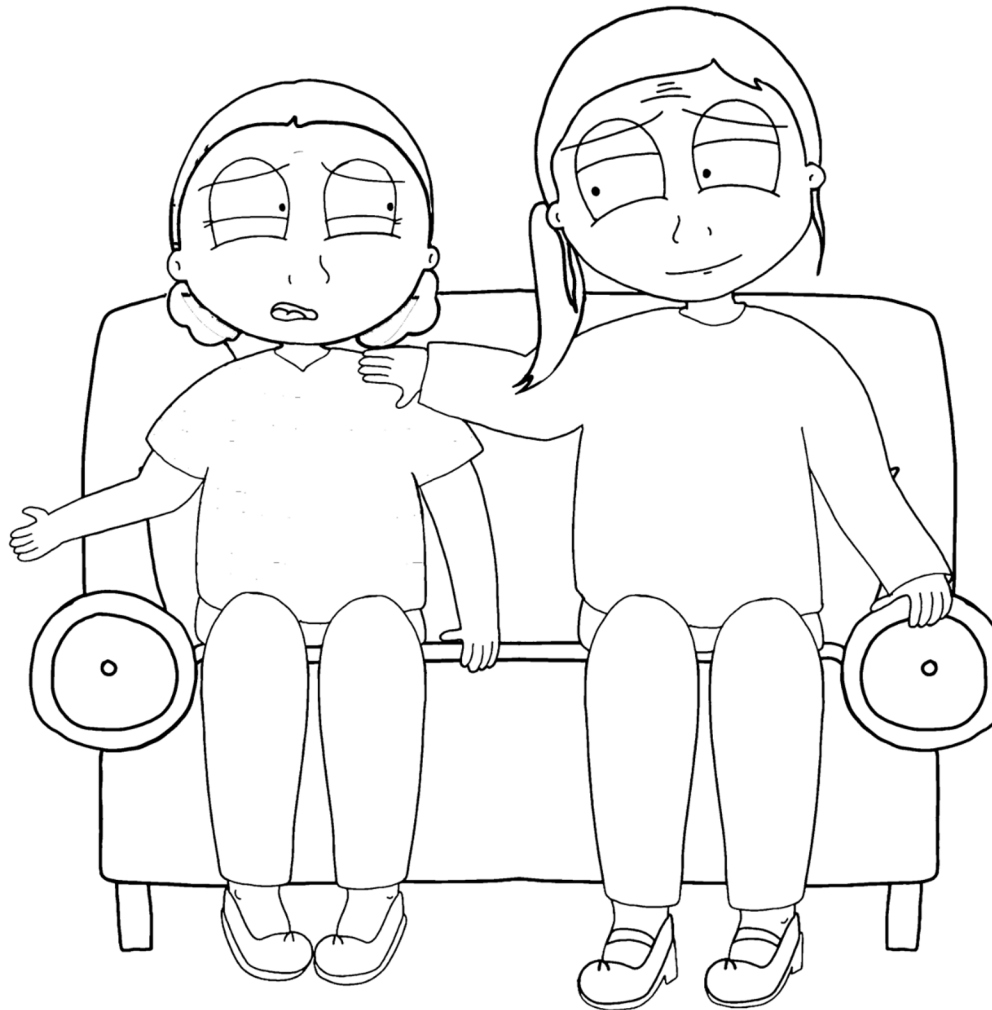


Something Else:)

Self Care Tip:

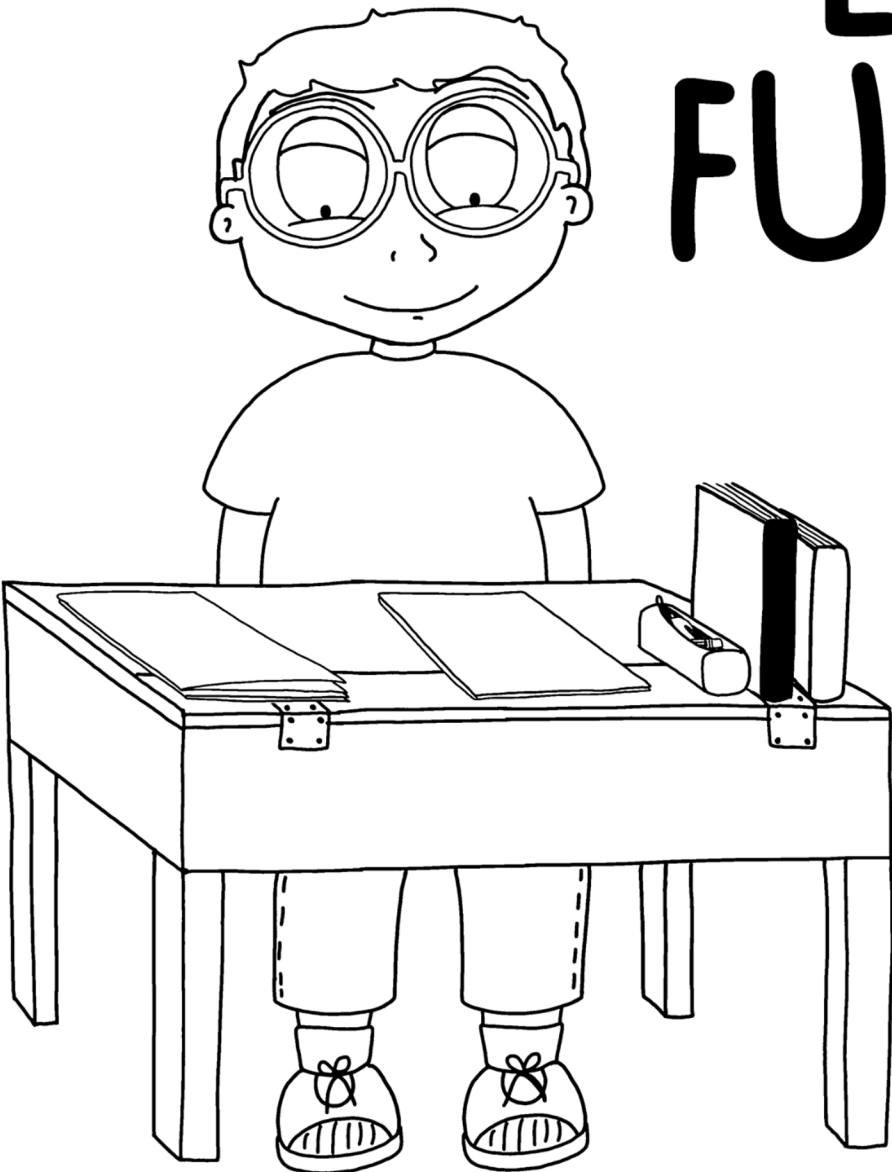
TALK ABOUT YOUR WORRIES

- Worries can feel really big, and even grow bigger, when you keep them to yourself.
- Talking to someone you trust about your worries can often make them smaller.



Who can talk to when you feel worried?

EXECUTIVE FUNCTIONING Check-Ins



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



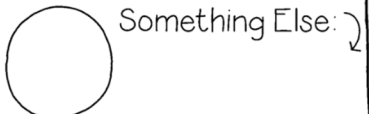
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

USING A PLANNER

Using a calendar or planner can help you to stay organized, remind you of your responsibilities, and work toward your goals.

Fill out the calendar for the next week. List at least 3 responsibilities, chores, or important to-dos that you'd like to complete each day.

A hand-drawn calendar grid for the next week. The grid is rectangular with a slightly irregular border, suggesting it's a piece of paper pinned to a wall. The top row contains the days of the week: SUN, MON, TUES, WED, THUR, FRI, and SAT. Below the days are four rows of empty boxes for scheduling. The grid is drawn with thick black lines. There are two pushpin icons: one on the top left corner and one on the top right corner. In the bottom right corner, there is a small logo for 'WHOLEhearted' with a heart icon and the text 'SCHOOL COACHING' below it.

SUN	MON	TUES	WED	THUR	FRI	SAT

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



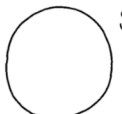
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Content



Happy



Silly/
Energetic

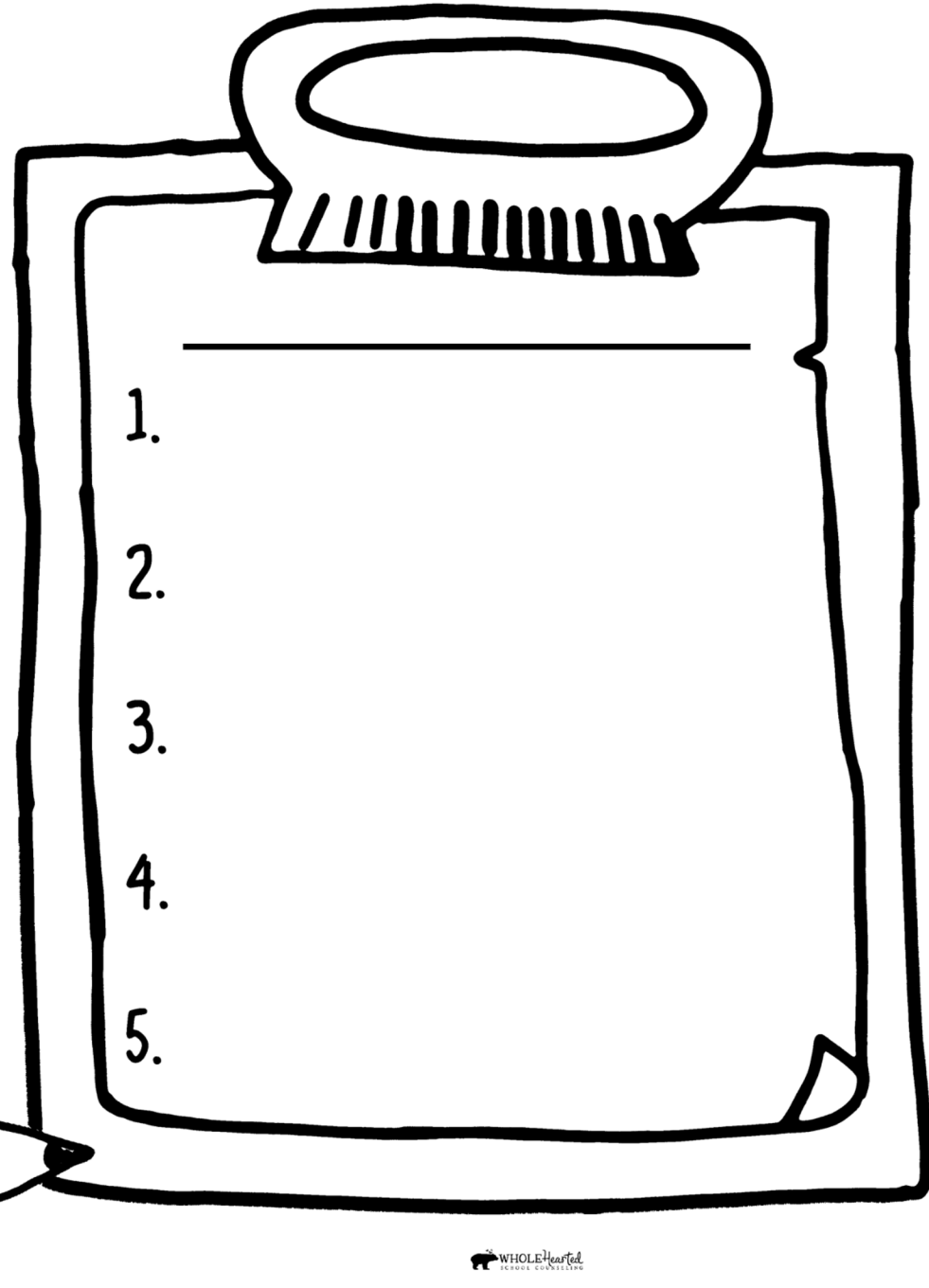


Something Else: 

MAKE A LIST

Making a list of the steps you have to take to accomplish an assignment, chore, responsibility or goal can help you stay organized and on task.

Practice making a list by writing down the different steps you have to take for either making a meal, cleaning your room, completing an assignment or working on your favorite hobby.



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



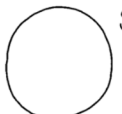
Calm/
Content



Happy



Silly/
Energetic



Something Else: ↷

SMART GOAL

A trick to help you accomplish a goal is to write it down as a SMART Goal.
A SMART Goal is: Specific, Measurable, Actionable, Relevant, and Time-Based.

Try making your own SMART Goal.

The goal can be related to school, hobbies, home, or anything else you are interested in.

MY EXACT, SPECIFIC GOAL IS TO....	
I WILL BE ABLE TO TELL I ACCOMPLISHED THIS GOAL BECAUSE...	
3 STEPS I WILL TAKE TO ACCOMPLISH THIS GOAL ARE...	
THIS GOAL IS IMPORTANT TO ME BECAUSE...	
I WILL ACCOMPLISH THIS GOAL BY...	



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



Calm/
Content



Happy



Silly/
Energetic

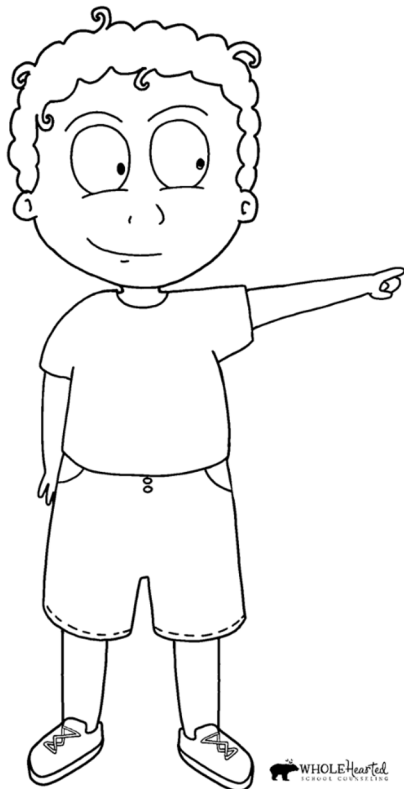


Something Else:)

PRIORITIZING

Prioritizing means figuring out what is most important and what is not as important. Prioritizing can help you to decide how best to spend your time and energy. You can break up your tasks into "must do," "should do," and "want to do" categories. Complete your "must do" responsibilities first, "should do" responsibilities next, and "want to do" activities last.

Make your own priority list for the next few days.
Include 3 activities in each section.



MUST DO

Should Do

want to do

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



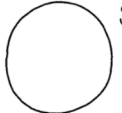
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Content



Happy



Silly/
Energetic

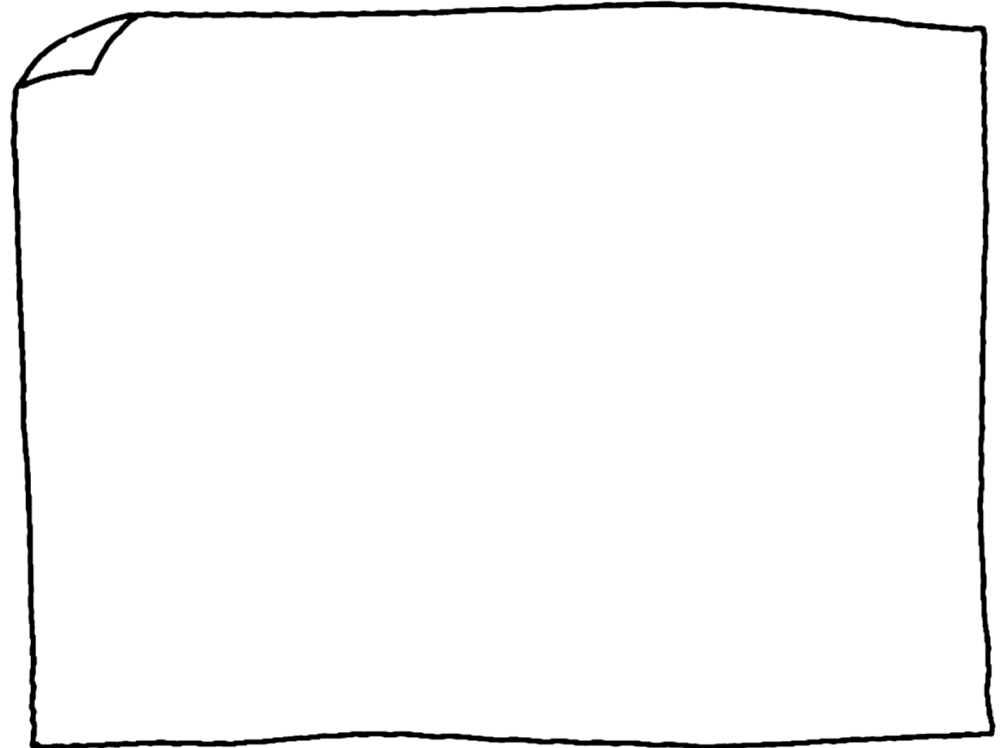
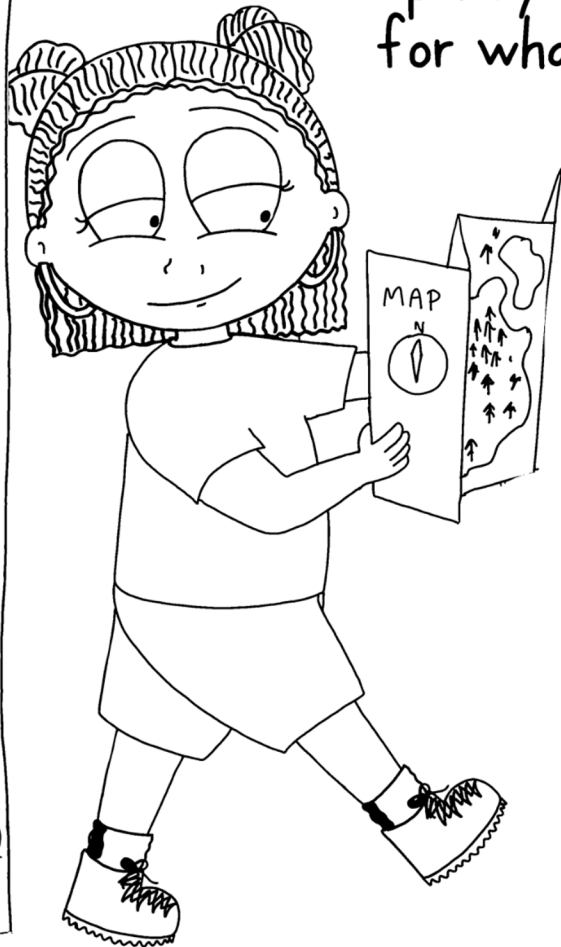


Something Else:)

PLAN IT OUT

Making a plan before you do something can help things go smoother. A detailed plan is like a map, which guides you from point A to point B to point Z!

Imagine that you are planning to throw a birthday party for someone you care about. Write a plan for what you need to do to prepare for the party.



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



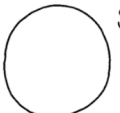
Calm/
Content



Happy



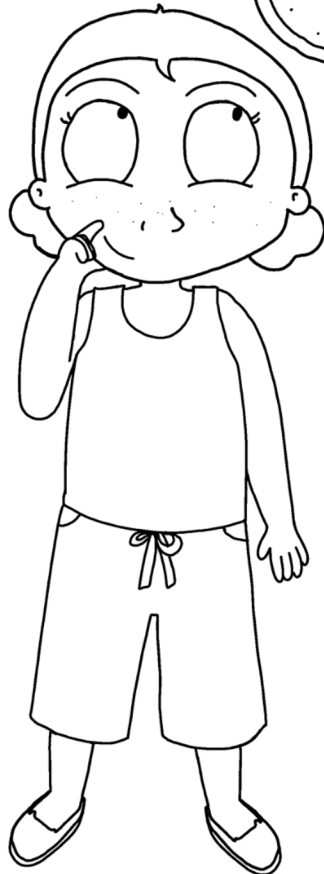
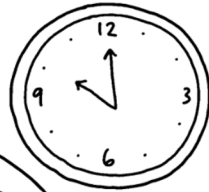
Silly/
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Something Else:)

TIME MANAGEMENT

Time management means using your time well, prioritizing what to do first, trying not to waste your time, and completing your work in the expected time frame.



When was a time you used your time well?

When was a time you could have used better time management?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



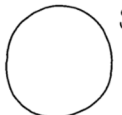
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Content



Happy



Silly/
Energetic

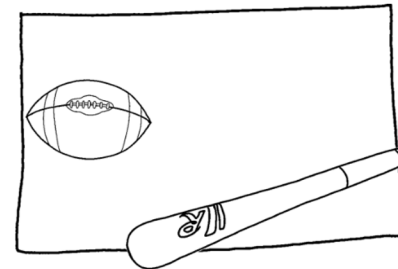
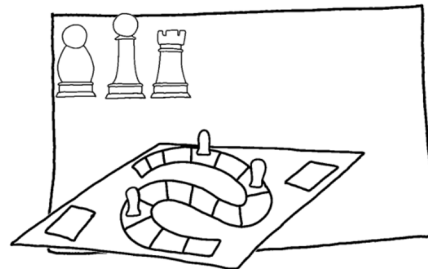
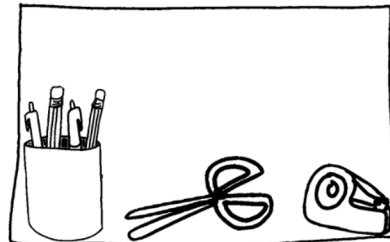
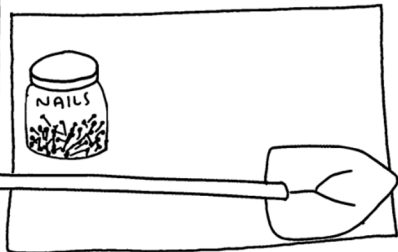


Something Else:)

ORGANIZING

Organizing your materials means having specific places for everything to go. Even though it takes some work upfront, it will make your life easier. Organizing helps you to find what you need when you need it.

Using lines, match the top items with their correct categories below.



Of your items at school or home, what could use better organizing?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



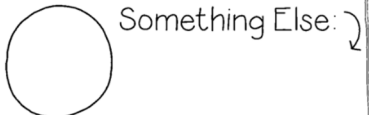
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Content



Happy



Silly/
Energetic

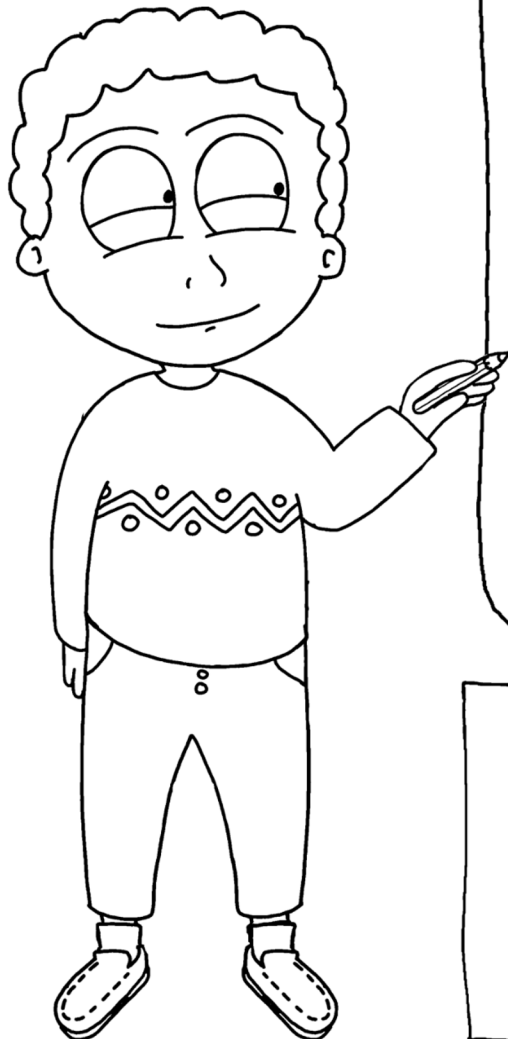


Something Else:)

TIPS FOR TIME MANAGEMENT

FOR SCHOOL!
1

Read through the following tips for better time management for school.
Check off the suggestions that you would like to do more of.



- Listen to and follow the directions.
- Get to work right away.
- Use a planner or calendar for assignments
- Do a quick movement break to help you get back on track.
- Avoid distractions like T.V. when doing homework.

Which time management trick is the most helpful to you?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



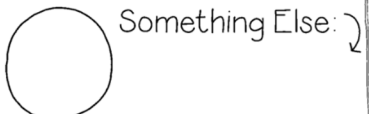
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

PUTTING MATERIALS AWAY

One of the best ways to stay organized is to put items back where they go as soon as you are finished using them. Eventually everything has to go back to its place, so why not do it right away? This will help reduce clutter and make your next activity more enjoyable, too



You just got dressed for school, where should you put your pajamas?

You just finished drawing, where should you put the markers?

You just finished eating dinner, where should you put your plate?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



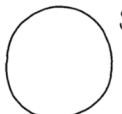
Calm/
Content



Happy



Silly/
Energetic



Something Else: ↘

LIST IT!

List as many things from each category as you can.



AWESOME ANIMALS



FAVORITE FOODS



GREAT GAMES



FABULOUS FRIENDS + FAMILY



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



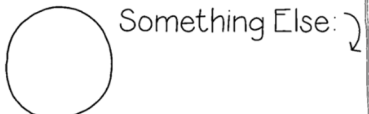
Calm/
Content



Happy



Silly/
Energetic

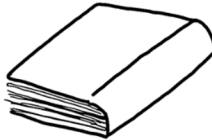
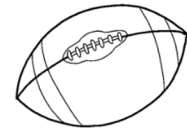
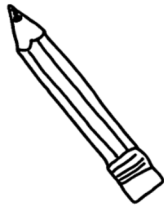


Something Else:)

WORKSPACE

Keeping your workspace or desk clean and organized can help you focus better in school, find what you need, and even reduce stress.

Circle the all the items you should keep at your workspace or desk.



What are 2 things you can do to keep your workspace or desk more clean and organized?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



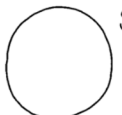
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

PAYING ATTENTION

Paying attention means to carefully watch, listen, and focus your mind on what you need to do at the moment. The opposite of paying attention is to be distracted. Being distracted means being unable to concentrate because your mind or senses are focused on other things.



When is it easy for you to pay attention in class?

When are you more likely to be distracted in class?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



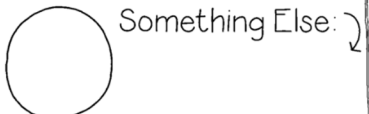
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Content



Happy



Silly/
Energetic



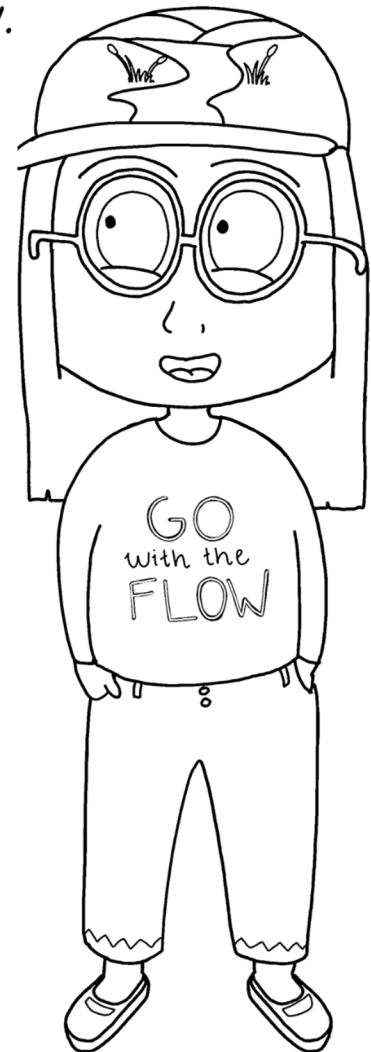
Something Else:)

RIVER THINKING

River thinking means that when you are faced with changes or conflicts:

1. You try to move around the problem and find different solutions.
2. You consider different perspectives and other people's point of view.
3. You don't get stuck on just one answer or possibility.

When was a time that you used "river thinking"? What was the change or problem? How did you handle it?



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



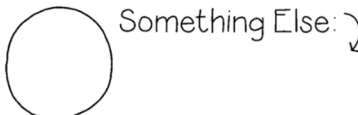
Calm/
Content



Happy



Silly/
Energetic

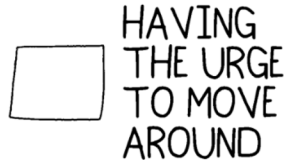


Something Else:)

DISTRACTIONS

Being distracted means not paying attention because your mind or senses are focused on other things.

What are things that distract you? Use these to check off your answers.



What are 2-3 ways you can deal with these distractions?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



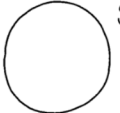
Calm/
Content



Happy



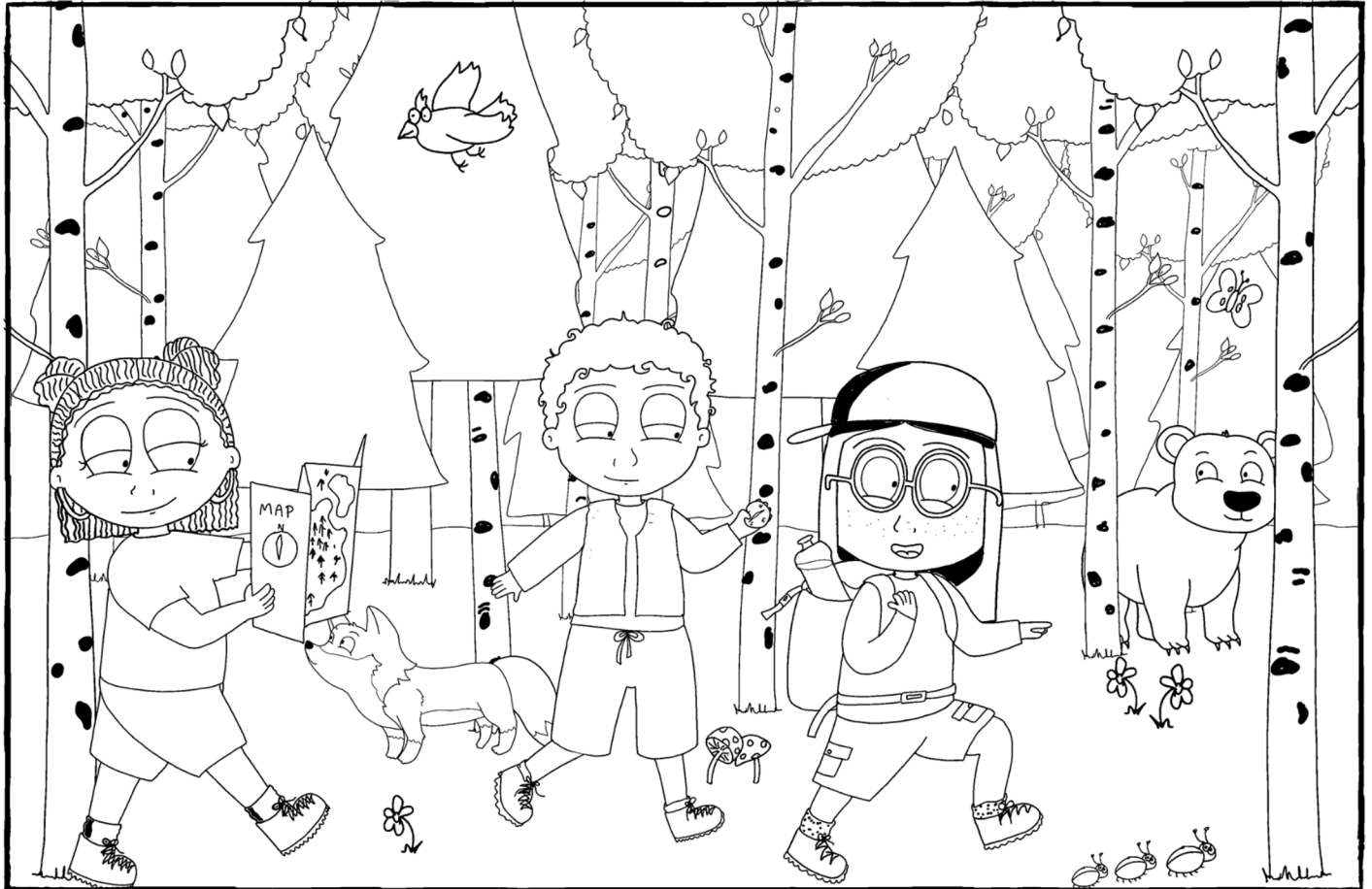
Silly/
Energetic



Something Else:)

MEMORY GAME

1. For the next 30 seconds, take a good look at image and try to remember as many details as possible.
2. When the 30 seconds is over, turn the picture face down and then list all the details you can remember on another piece of paper.



How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



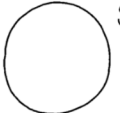
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Content



Happy



Silly/
Energetic

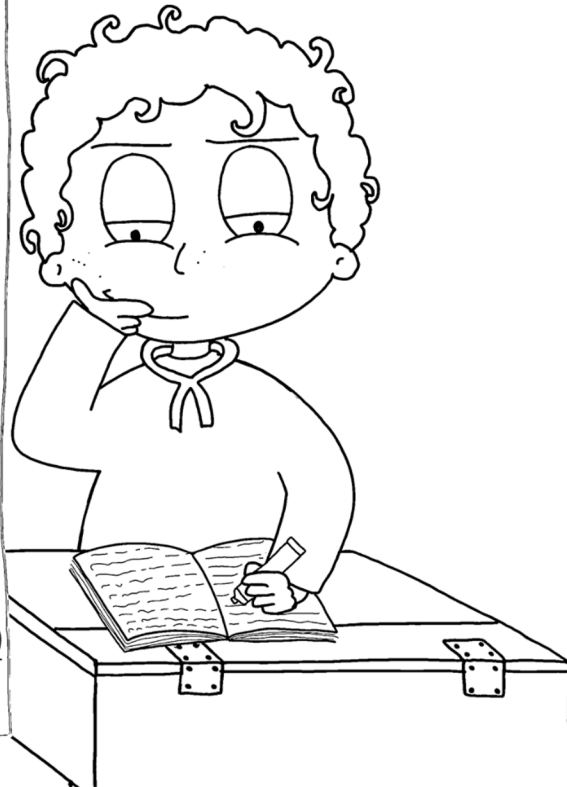


Something Else:)

FOLLOWING DIRECTIONS

Following directions at school will help you be more successful, and can even keep you safe. Here are some tips to help you follow directions:

1. Listen and look at your teacher when they are giving directions.
2. Repeat to yourself what the directions are.
3. Have a written copy of the directions. Each time you complete a step, check it off.
4. Ask your teacher to clarify any questions you have.



What might happen if you didn't follow directions at school?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



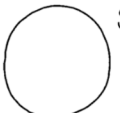
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

Try this exercise: PRESS AND PUSH

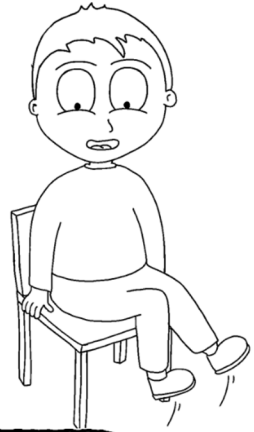
If you ever get the urge to move, and it's just not the right time, try to press and push your hands, arms or legs against each other or another object. These exercises can help you to take care of your body's need to move, and improve your focus, while still staying in your seat.

After you try each exercise, place a checkmark next to it.

Press and push the palms of your hands together as hard as you can.



Press and push your hands against the chair as hard as you can.



Press and push your feet against the floor.



When would it be helpful to you to use a Press and Pull exercise?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



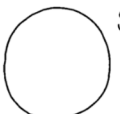
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

SELF-CONTROL...OR NOT?

Using self-control is when you stop, think, and then choose the best action.

Circle the examples that show self-control

You yell out the answer in class.

You cut in line in the cafeteria because you are so hungry.

You throw the football in the kitchen while the stove is on.

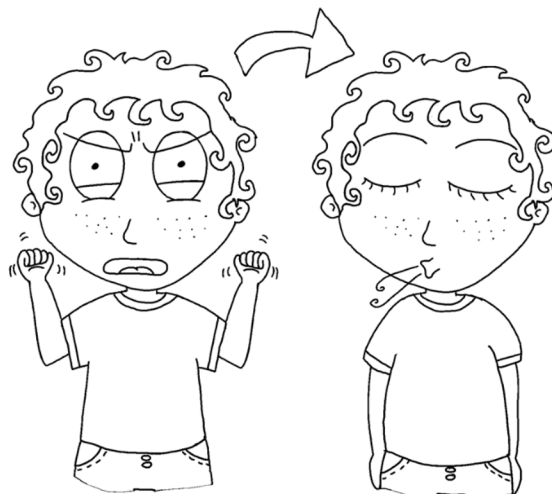
You complete your homework even though your favorite show is on.

You talk to your friend while the teacher is giving directions.

You ignore it when someone rolls their eyes at you.

You clean your room even though you'd rather play a video game.

You take slow breaths instead of saying something mean.



When have you used self-control?

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



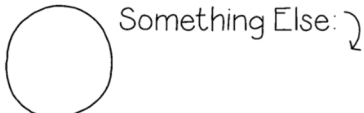
Calm/
Content



Happy



Silly/
Energetic



Something Else:)

SELF-CONTROL

When you feel that you are about to do something you might regret later, try to use self-control. To use self-control:



1. STOP WHAT YOU ARE DOING AND/OR SAYING.

2. TAKE A FEW SLOW BREATHS TO CALM YOUR BODY AND MIND.

3. THINK ABOUT YOUR DIFFERENT CHOICES.

4. CHOOSE THE RESPONSE WHICH IS THE MOST HELPFUL AND KIND.

When would it be helpful for you to use self-control?