

My Feelings Check-In

A companion worksheet for The Feelings Rainbow

Name: _____ Date: _____

Morning Check-In

Circle the face that shows how you're feeling right now:

					
Happy	Sad	Angry	Worried	Tired	Excited

I feel this way because: _____

Afternoon Check-In

Circle the face that shows how you're feeling now:

					
Happy	Sad	Angry	Worried	Tired	Excited

Something that happened today: _____

My Feelings Toolkit

When I have a big feeling, I can try:

- | | | |
|---|---|---|
| <input type="checkbox"/> Take 3 deep breaths | <input type="checkbox"/> Talk to a friend | <input type="checkbox"/> Draw my feelings |
| <input type="checkbox"/> Count to 10 | <input type="checkbox"/> Ask for help | <input type="checkbox"/> Take a break |
| <input type="checkbox"/> Squeeze something soft | <input type="checkbox"/> Think of something happy | <input type="checkbox"/> _____ |

Draw Your Feelings

Draw a picture of how you feel today. Use colors that match your feelings!

My Feelings Color Key: Red = _____ | Blue = _____ | Yellow = _____ | Green = _____