

Feelings Check In

Review the lists below. Draw a line from each activity to how it makes you feel. There are no right or wrong answers, this is to help you understand yourself.

Going to school

Meeting new people

Bedtime

Playing by myself

Going to the store

Reading a book

Listening to music

Going on a trip

Going to a birthday party

Seeing someone hurting

Being the center of attention

Playing with others

Doing sports/physical activities

Mealtime

Finishing the school day



CALM



HAPPY



TIRED



SHY



SAD



SCARED



MAD



WORRIED