

HOW AM I FEELING TODAY?

CIRCLE THE FACE THAT MATCHES YOUR FEELING!



HAPPY 😊



SAD 😞



ANGRY 😡

FACE THAT MATCHES IT



SURPRISED ?



EXCITED 😄



SCARED 😨

OR, DRAW HOW YOU FEEL BELOW!



FOCUS ON THE HABIT

Not about deep reflection. The habit of checking in is enough!



KEEP A ROUTINE

Before school. After
After coming home.
Right before bed.
The moment matters most.



FOLLOW-UP QUESTION

"Do you want to tell me about that feeling?"
If the answer is no, leave it. A simple point or circle is okay.

