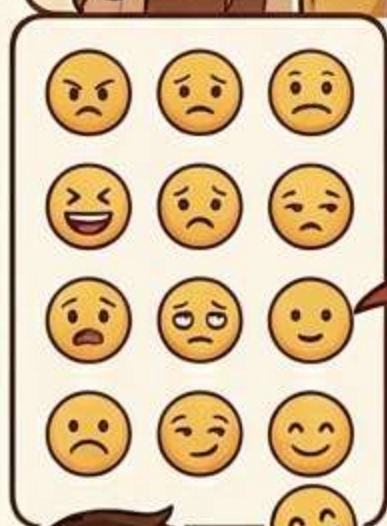


Feelings Check-In: "How Do I Feel Right Now?"



FRUSTRATED
NERVOUS
DISAPPOINTED
PROUD
CURIOUS
CALM
EXCITED

1. Post Your
Emoji Status!

2. Swap for a Clear
Feeling Word!


Frustrated

3. Reflect: What
made you feel
this way?

Date: / /

draw or write

draw or write

