

Name: _____

Date: _____

Feelings Check-in

How are you feeling today?

Directions: Circle or point to the emoji that shows how you feel today.



Happy



Ecstatic



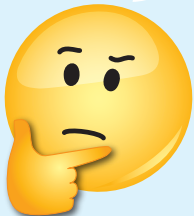
Cautious



Angry



Sad



Confused



Excited



Embarrassed

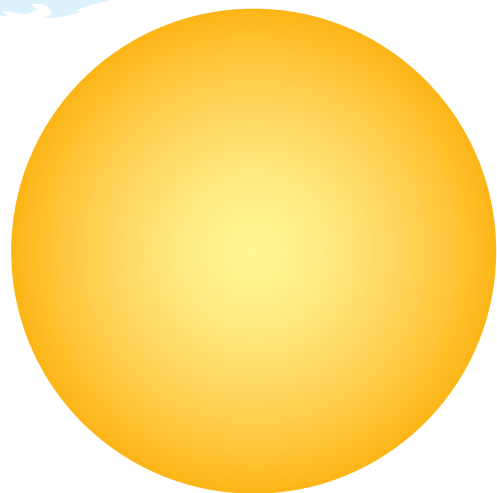


Concerned



Tired

If you are feeling an emotion that is not shown above, draw and write the name of that emotion.



I feel _____