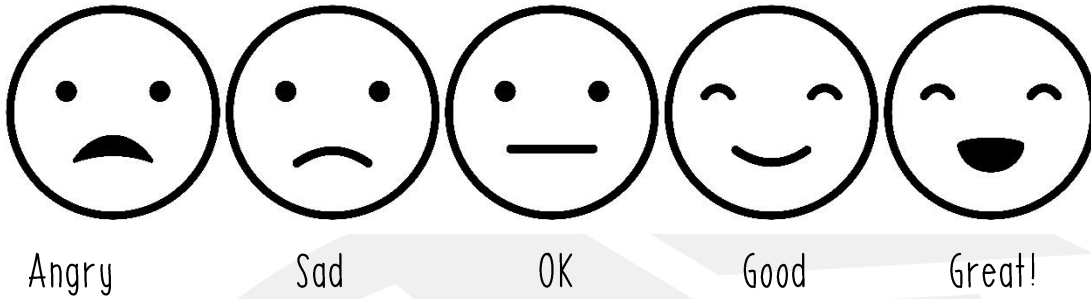


Sample Check-in Sheets

How Are You Feeling Today?

Color in or circle the face that shows your feelings right now.



How can someone help?

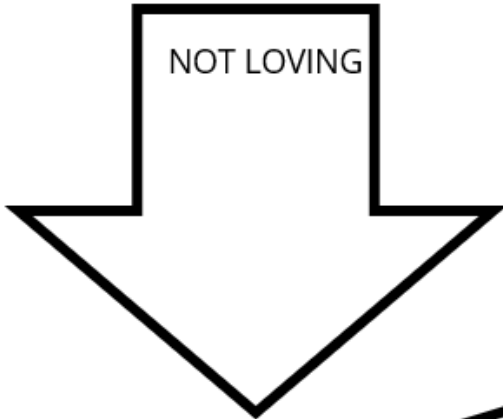


How can you help someone?

Check In

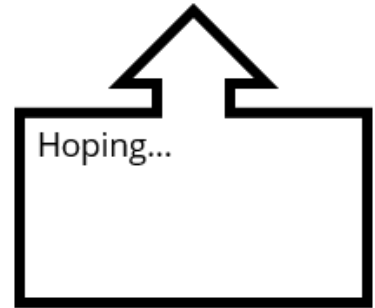


NOT LOVING



Wondering

← Wanting & Needing →



Weekly Self-Reflection

This week was:



An appreciation
for someone:



Highlight of the Week	Lowlight of the Week

Something you are looking forward to this weekend:	A goal, question, or hope for next week:	Something you want me to know:

How Are You Doing?

Name: _____

- I'm fabulous!
- I'm good.
- I'm okay.
- I'm sad.
- I'm angry.
- I'm stressed/anxious.
- I'm in a dark place.
- I'm something else:

Did you:

- Have breakfast/lunch?
- Get enough sleep last night?

It would help me to:

- Talk to you
- Talk to someone else
- Have some time alone
- Hear a joke
- Something else: _____

**Everyone's
Journey is
different. Don't
compare your path
to anyone else's.**

When I Feel...

A Positive Feeling: _____

<p>What are some thoughts that go through your head?</p>	<p>What do you say to others?</p>	<p>What happens to your body? How are you physically?</p>
<p>How do you act? What do you do?</p>	<p>What are some things/events that can cause this feeling?</p>	<p>How can you tell when others are feeling this same way?</p>

When I Feel...

A Negative Feeling: _____

<p>What are some thoughts that go through your head?</p>	<p>What do you say to others?</p>	<p>What happens to your body? How are you physically?</p>
<p>How do you act? What do you do?</p>	<p>What do you do that helps?</p>	<p>Who can help you?</p>