

Feelings Check-In

How am I feeling today? Tick one, then tell me why

Monday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Tuesday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Wednesday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Thursday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Friday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Saturday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____

Sunday

☐ Happy ☐ Sad ☐ Angry ☐ Worried ☐ Excited

Because: _____