

My Feelings Check-In

Circle how you feel today, then color the face!

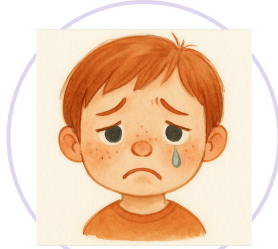
Name: _____

Date: _____

Today I feel...



Happy



Sad



Angry



Worried



Scared



Calm

I feel this way because...

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Something that might help:

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