

# 73 UNIQUE DAILY CHECK-INS

### IF YOU WERE A LANDSCAPE...

Which landscape best represents your feelings right now? Explain why.

Drag the 'X' to check off your answer.

is landscape best represents my feelings because...

### ROLLER COASTER LOWS + HIGHS

Life can feel like a roller coaster ride, with ups and downs and highs and lows. What are some highs and lows in your life?

**HOW DO YOU FEEL TODAY?**

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Angry/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

**LOWS**  
Difficult experiences that you feel worried, upset, or disappointed about.

**HIGHS**  
Positive experiences that you are grateful for, happy, or excited.

### FEELING SCALE

Move the arrows to show how much you've been feeling these emotions lately.

**WORRIED or ANXIOUS** (NONE to A LOT)

**HAPPY or CONTENT** (NONE to A LOT)

**EXCITED or OPTIMISTIC** (NONE to A LOT)

**BORED or INDIFFERENT** (NONE to A LOT)

**SAD or DISAPPOINTED** (NONE to A LOT)

**ANGRY or ANNOYED** (NONE to A LOT)

### Try this exercise: A PEACEFUL PLACE

How do you feel today? Place the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Angry/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

- Close your eyes and take a few deep breaths.
- Imagine yourself in a peaceful and happy place. Focus on what you would see, hear, taste, smell, and feel.
- Notice how you feel when you try this exercise.

Describe your peaceful place.

### IF YOU WERE A SONG...

What is your current mood or feelings? What song would it be? You can use the title of a song, or make up your own!

Type the title inside the music player's screen.

you choose this title?

### A PERFECT DAY

Imagine if you could design THE PERFECT DAY. What would make it perfect? What would you do?

How do you feel today? Place the arrow to show your answer.

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### WORRY BOX

1. What are you worried about?  
2. Write your worries down or insert images that represent your worries inside this Worry Box.

Sometimes worries can feel overwhelming. You can get a break from your worries by putting them away in a safe place, like inside the Worry Box. Then try to move on with your day. If you need your worried back, you know now where to find them!

### POSITIVE SELF-TALK

How do you feel today? Place the arrow to show your answer.

- Tired
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- Worried/Anxious
- Angry/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

- Choose which kind and caring messages you want to remind yourself of.
- Place the sticky notes on the mirror.
- Say these positive self-talk statements out loud.

How do you feel when you use positive self-talk?

### IF YOU WERE AN ANIMAL...

Which animal best represents your feelings right now? Explain why.

Drag the 'X' to check off your answer.

Dog  Sloth  Bird  Lion

This animal best represents my feelings because...

### 1 TO 10 SCALE

On a scale from 1 to 10, how are you doing?

Move this or to answer

PRETTY MUCH OKAY.

1 2 3 4 5 6 7 8 9 10

If you're between 1 and 5. WHAT CAN HELP YOU MOVE UP A NUMBER OR TWO?

If you're between 6 and 10. WHAT IS HELPING YOU TO BE HERE? WHAT CAN YOU DO TO KEEP IT UP?

### IF YOU WERE ONE OF THESE CHARACTERS...

Which character best represents your feelings right now? Explain why.

Drag the 'X' to check off your answer.

A  B  C  D

This character best represents my feelings because...

### IF YOU WERE AN ANIMAL...

Which animal best represents your feelings right now? Explain why.

Kangaroo  Wolf  Monkey

This animal best represents my feelings because...

### IF YOU WERE A MOVIE...

If your current mood or feelings were a movie or TV show, what would it be called? You can use either a real movie or TV show, or make up your own title.

Type the title inside the television screen.

Why did you choose this title?

### BRAIN DUMP

For the next few minutes, 'dump out' all the thoughts that are on your mind by writing them down. You can write in complete sentences, bullet points, phrases, single words, or even insert images.

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- Mad/Angry
- Calm/Content
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- Something Else

### EMOJI CHECK-IN

THIS IS HOW I FEEL ABOUT SCHOOL:

Move circles to answer. I feel this way because

THIS IS HOW I FEEL ABOUT HOME:

Move circles to answer. I feel this way because

THIS IS HOW I FEEL ABOUT FRIENDS:

Move circles to answer. I feel this way because

### IF YOU WERE A FOOD...

Which food best represents your feelings right now? Explain why.

Drag the 'X' to check off your answer.

Potato Chips  Lemon  Cookie  Spaghetti

This food best represents my feelings because...

### IF YOU WERE ONE OF THESE CHARACTERS...


Which character best represents your feelings right now? Explain why.

Drag the 'X' to check off your answer.

A  B  C  D

This character best represents my feelings because...

## HOPEFUL



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else


Feeling inspired or optimistic about the future.

Looking forward to what will happen.

What is something you might THINK when you feel hopeful?

WHEN do you sometimes feel hopeful?

## FRUSTRATED



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else


Feeling discouraged or upset because you are unable to do or complete something.

What is something you might THINK when you feel frustrated?

WHEN do you sometimes feel frustrated?

What can you DO when you feel frustrated?

## UNCERTAIN



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

Unsure of how you think or feel about a situation.

Having doubt or being hesitant about something.

What is something you might THINK when you feel uncertain?

WHEN do you sometimes feel uncertain?

What can you DO when you feel uncertain?

## ANGRY



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

A strong feeling of being upset when you believe something unjust, unfair, or wrong has happened.

What is something you might THINK when you feel angry?

WHEN do you sometimes feel angry?

What can you DO when you feel angry?

## ANNOYED



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

To feel irritated or aggravated by something or someone.


You will often feel impatience and want the bothersome thing to stop.

What is something you might THINK when you feel annoyed?

WHEN do you sometimes feel annoyed?

What can you DO when you feel annoyed?

## WORRIED



How do you feel today?  
Move the arrow to show your answer.

- Tired
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- Mad/Angry
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- Happy
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- Something Else

Feeling concern, distress, or fear that something bad might happen.

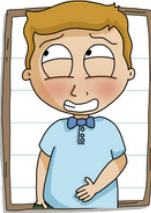
Having anxious or troubled thoughts about uncertain outcomes or possible problems.

What is something you might THINK when you feel worried?

WHEN do you sometimes feel worried?

What can you DO when you feel worried?

## EMBARRASSED



How do you feel today?  
Move the arrow to show your answer.

- Tired
- Disappointed
- Sad
- Worried/Anxious
- Annoyed/Frustrated
- Mad/Angry
- Calm/Content
- Happy
- Silly/Energetic
- Something Else

A feeling of being self-conscious, foolish, or awkward after something happens to you.

Feeling of often occurs when you are in front of other people.

What is something you might THINK when you feel embarrassed?

WHEN do you sometimes feel embarrassed?

What can you DO when you feel embarrassed?

# Feeling Identification

How do you feel today?

Move the arrow to show your answer.



Tired



Disappointed



Sad



Worried/  
Anxious



Annoyed/  
Frustrated



Mad/  
Angry



Calm/  
Content



Happy



Silly/  
Energetic



Something Else: )



## ANXIOUS

- A state of unease, worry, or nervousness about what might happen.
- Often happens when you are dealing with a lot of stress and worry.

WHEN do you sometimes feel anxious?

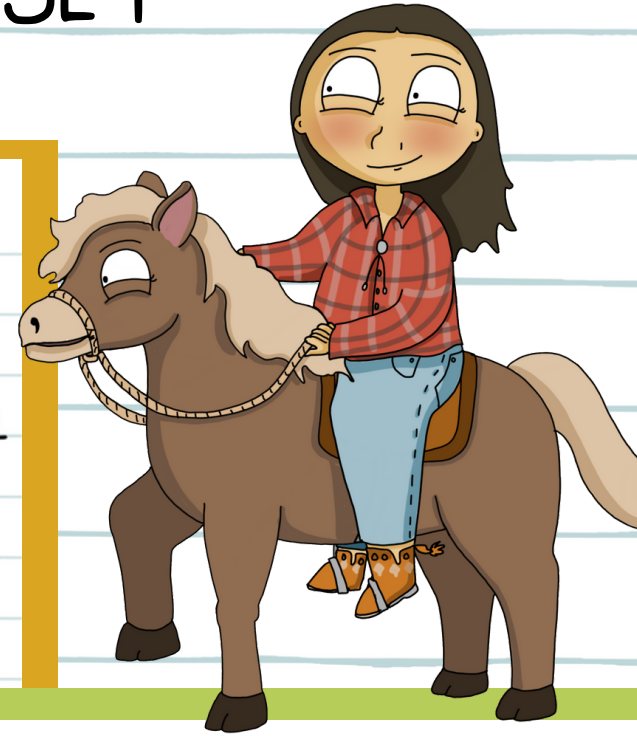
What is something you might THINK when you feel anxious?



## LONELY

- A sadness that comes from being alone, apart from others, or abandoned.
- Feeling isolated or disconnected from others.

# GROWTH MINDSET



## MY SCHOOL GOAL PLAN

Write a goal you have for school inside the flag. Then write down 2 steps you can take to get closer to reach your goal.



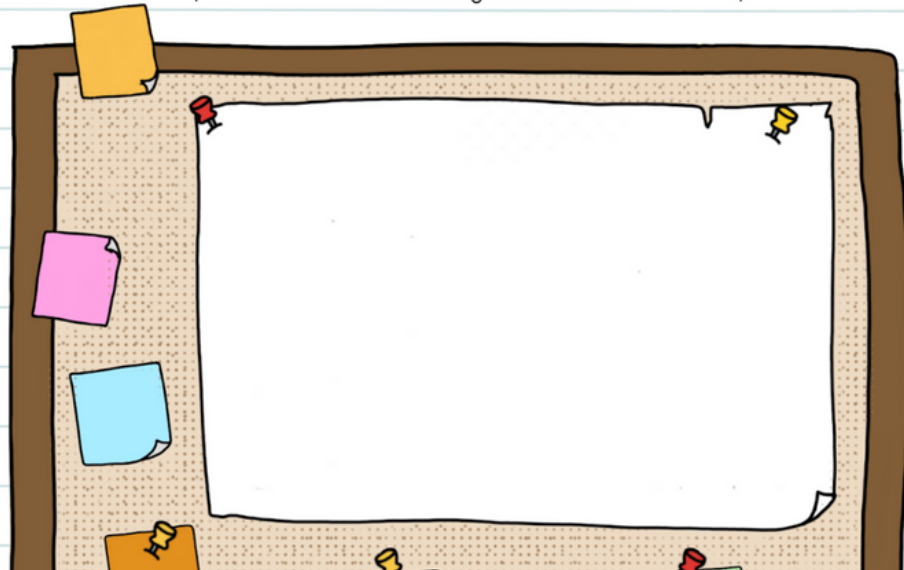
STEP 2:

STEP 1:











## MY VISION BOARD

A vision board is a collection of pictures and reminders of your goals, hopes and dreams for your future. Insert images and write down affirmations that inspire and motivate you to work towards a big, beautiful and true-to-you life.



How do you feel today?

Move the arrow to show your answer.

-  Tired
-  Disappointed
-  Sad
-  Worried/  
Anxious
-  Annoyed/  
Frustrated
-  Mad/  
Angry
-  Calm/  
Content
-  Happy
-  Silly/  
Energetic
-  Something Else