PRE-SESSION CHECK-IN

NAME: DATE:

❶ **How do you feel today?**

| VERY HAPPY | HAPPY | SAD | VERY SAD | ANGRY | DON'T KNOW |

❷ **Did you wake up feeling happy?**

❸ **How is school?**

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POST-SESSION CHECK-IN

❶ **How do you feel after your Session?**

| VERY HAPPY | HAPPY | SAD | VERY SAD | ANGRY | DON'T KNOW |

❷ **Did you enjoy your Session?**

❸ **When would it feel good to come back for another Session?**