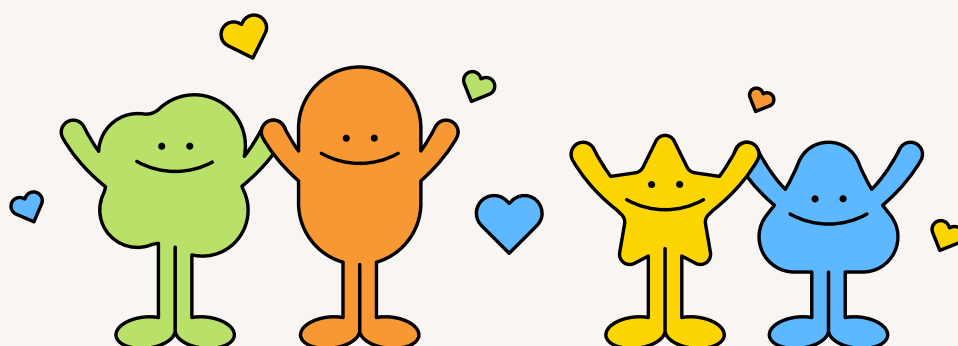


Emotional Check-Ins



Resources to help youth and staff check-in together and build stronger relationships and improve overall wellness.



MOOD METER

ELEMENTARY YOUTH

Ask one or two check-in questions. Mix it up!

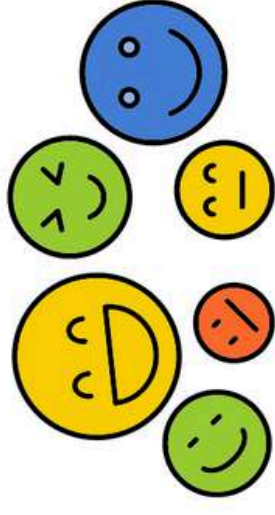
- What word/color/emoji are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one emotion?
- Can you feel it in your body?

<div>MAD 😡</div> <div> <div>😡 FURIOUS</div> <div>😡 ANGRY</div> <div>😡 FRUSTRATED</div> <div>😡 DISGUSTED</div> <div>😡 ANNOYED</div> <div>😡 STRESSED</div> <div>😡 RESTLESS</div> <div>😡 NERVOUS</div> </div>	<div>HAPPY 😊</div> <div> <div>😊 HOPEFUL</div> <div>😜 EXCITED</div> <div>😎 PROUD</div> <div>😬 BRAVE</div> <div>🧐 CURIOUS</div> <div>😜 SILLY</div> <div>😊 PLEASED</div> <div>😜 HYPER</div> </div>
<div>SAD 😞</div> <div> <div>😞 WORRIED</div> <div>😞 SCARED</div> <div>😞 EMBARRASSED</div> <div>😞 LONELY</div> <div>😞 DISAPPOINTED</div> <div>😞 HURT</div> <div>😞 TIRED</div> <div>😞 BORED</div> </div>	<div>CALM 😌</div> <div> <div>💖 THANKFUL</div> <div>🙏 PEACEFUL</div> <div>😊 RELAXED</div> <div>🙏 SAFE</div> <div>😊 RESTED</div> <div>😊 CONTENT</div> <div>😊 COZY</div> <div>🕶 CAREFREE</div> </div>

Source: Adapted from Yale Center for Emotional Intelligence

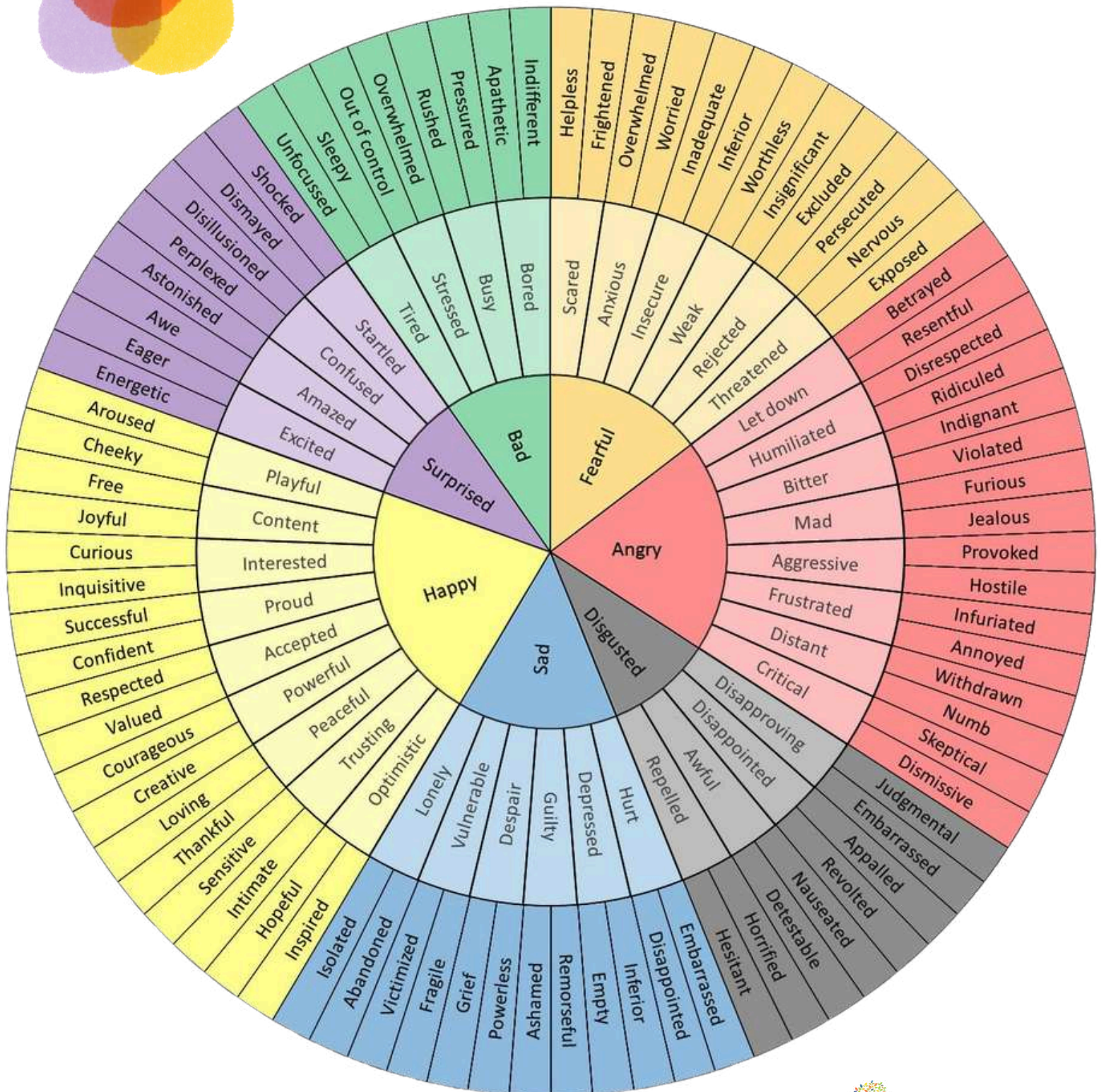
EMOTIONAL CHECK-IN

- What word or color are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one emotion?
- Can you feel it in your body?



ENRAGED	FURIOUS	FRUSTRATED	SHOCKED	M	SURPRISED	UPBEAT	MOTIVATED	ECSTATIC
LIVID	FRIGHTENED	NERVOUS	RESTLESS	O	HYPERTENSE	CHEERFUL	INSPIRED	ELATED
FUMING	APPREHENSIVE	WORRIED	ANNOYED	O	ENERGIZED	LIVELY	OPTIMISTIC	THRILLED
REPULSED	TROUBLED	UNEASY	DISTANT	D	PROUD	JOYFUL	CURIOUS	BLISSFUL
M	O	O	D	M	E	T	E	R
DISGUSTED	DISAPPOINTED	INSECURE	ASHAMED	E	BLESSED	AT EASE	PLEASANT	FULFILLED
MORTIFIED	ALIENATED	MOPEY	APATHETIC	T	HUMBLE	SECURE	CONTENT	GRATEFUL
EMBARRASSED	ISOLATED	TIMID	DRAINED	E	CALM	SATISFIED	CHILL	CAREFREE
LONELY	EMPTY	BORED	TIRED	R	RELIEVED	RESTFUL	RELAXED	PEACEFUL

- What word or color are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one emotion?
- Can you feel it in your body?



Source: Feelings Wheel by Geoffrey Roberts

WHICH TYPE OF WEATHER ARE YOU RIGHT NOW?



- What weather are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one?
- Can you feel it in your body?



SUNNY



CLOUDY



WINDY



SNOWY



STORMY



RAINY

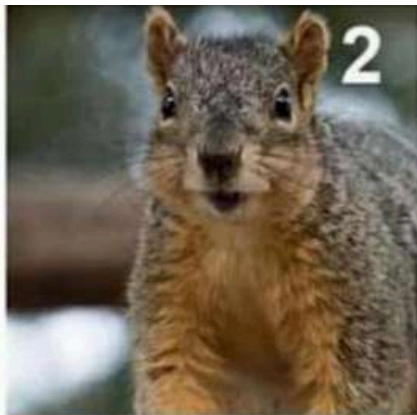
Source: Unknown



SQUIRREL SCALE

- On this squirrel scale, how are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one?
- Can you feel it in your body?

WHICH SQUIRREL ARE YOU FEELING TODAY?



Source: Unknown

ANIMAL CHECK-IN

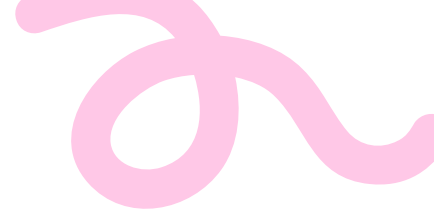
- On this animal scale, how are you feeling today?
- Why do you think you're feeling this way right now?
- Are you feeling more than one?
- Can you feel it in your body?



WHICH MOOD ARE YOU FEELING TODAY?



Source: created by SEWI



ELMO

MOOD SNAPSHOT



- Which Elmo represents your mood today?
- Why do you think you're feeling this way?
- Are you feeling more than one?
- Can you feel it in your body?



WHICH ELMO ARE YOU FEELING TODAY?



CHECKING IN: INSIDE OUT EDITION

WHICH MOOD ARE YOU FEELING TODAY?



CHECKING IN: SWIFTIES EDITION

WHICH MOOD ARE YOU FEELING TODAY?



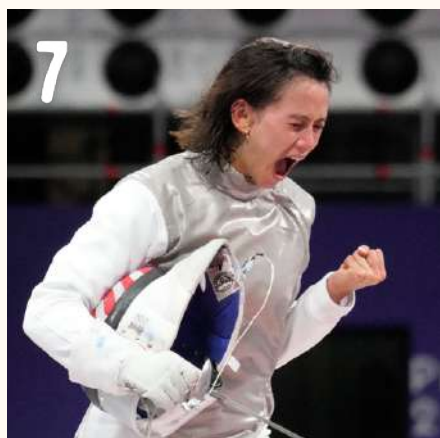
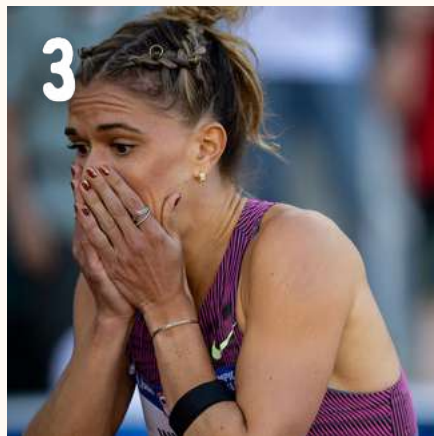
CHECKING IN: HOLIDAYS EDITION

WHICH MOOD ARE YOU FEELING TODAY?



CHECKING IN: OLYMPICS EDITION

WHICH MOOD ARE YOU FEELING TODAY?



CHECKING IN: SEWI PET EDITION

WHICH MOOD ARE YOU FEELING TODAY?

