

CHECKING-IN WITH MY EMOTIONS

Name _____

Date _____

1. Check-in



2. Draw the emotion or emotions you are feeling right now...



3. Write down why you might feel the way you do right now. Is there anything specific that caused you to feel this way?

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TEACHER/PARENT/LEADER INSTRUCTIONS

1. Have participants/ students close their eyes and take a deep breath in and then out.
2. Ask them to place their hand on their heart to "check-in" with their emotions.
3. Ask them to identify what emotion or emotions they are feeling in this moment.
4. Ask them to think about how the emotion physically feels in their body.
5. Remind them to try not to place any judgement on how they are feeling, just notice.
6. Ask them to consider if there might be a specific reason they are feeling this way?
7. Ask students to slowly open their eyes!
8. Review worksheet directions and have students complete drawing/ writing activity as appropriate.