

# Emotional check-in

This written resource supports children and young people not only express their feelings but identify why they are feeling a particular way. When these feelings are positive children can refer back to activities that took place that day to help them practice self care. The resource can also be used to support conversation with children and young people on strategies to improve wellbeing, alongside being shared with parents and carers for a further insight into their child's thoughts and feelings.

After completing the emotional check-in activity, particularly where a child may have identified a difficult emotion, ask them to identify what helps them to feel calm/happy etc. This way the child can get a sense of how they might be able to change how they are feeling.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
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Today, I am feeling \_\_\_\_\_ because \_\_\_\_\_

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Name: -----

Date: -----

Calm Content Jolly Satisfied Relaxed Happy Giddy Interested Enthusiastic Overjoyed Excited Mesmerized Amazed Thrilled Fixated Exuberant Obsessed	Surprised Startled Unsure Apprehensive Afraid Confused Concerned Nervous Anxious Worried Afraid Astonished Awed Terrified Frantic Hysterical	Bored Cranky Distracted Aggravated Irritated Upset Frustrated Angry Distaste Disbelief Disgusted Irate Apathetic Contemptuous Bitter Disdain Loathing	Enraged Hurt Disappointed Sad Distraught Grief Depressed Despair
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Today, I am feeling \_\_\_\_\_ because \_\_\_\_\_

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