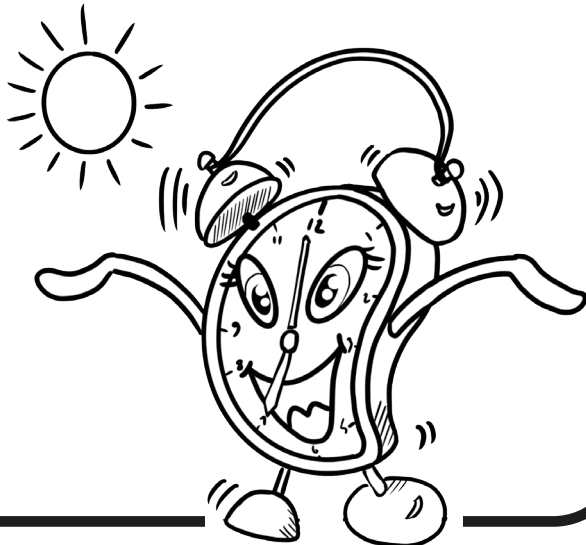




Emotions Check-In Chart

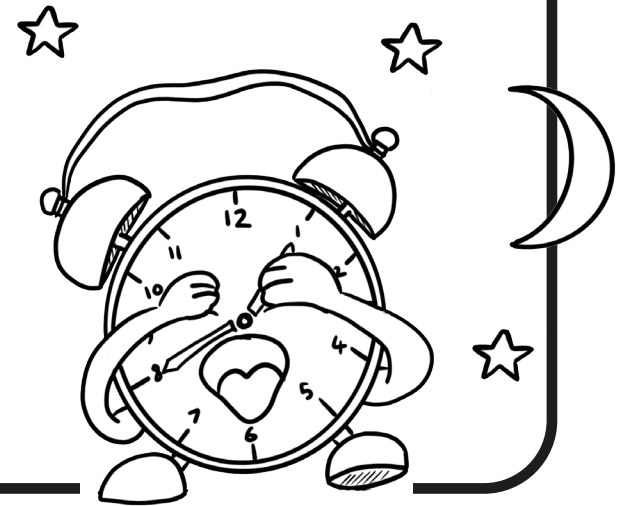
Draw a picture or write some words about how you feel in the morning and before you go to bed.

In the morning I feel...



TIME: _____

In the evening I feel...



TIME: _____

Photocopy this page to create a log of how your child/children are feeling throughout their week. This can help to identify times of the day when they might need some extra support emotionally.

Date: _____