



MY FEELINGS CHECK-IN BOARD



It's okay to have big feelings. ❤️ I can handle this.

HOW AM I FEELING TODAY?

happy



excited



calm



silly



sad



frustrated



worried



overwhelmed



WHAT CAN HELP ME?

deep
breaths



hug



break



sensory
toy



water



quiet
time



talk to
someone



All feelings are okay.

I can choose something that helps me feel better.



@the.sky.within.you

