

# ❤️ Feelings Check-In Sheet

Right now, I'm feeling.....



happy



silly



tired



sad



confused



annoyed



angry

I feel this way because...

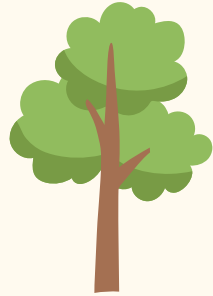
A Calm Down Strategy that might help me...

Anything else I would like to share...

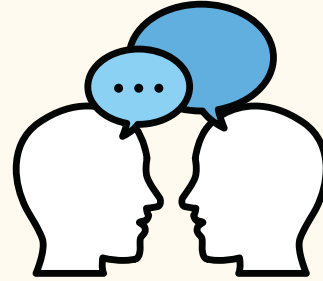
# CALM DOWN STRATEGIES



write in a journal



get outdoors



talk to a friend



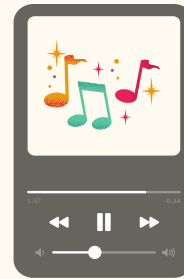
drink water



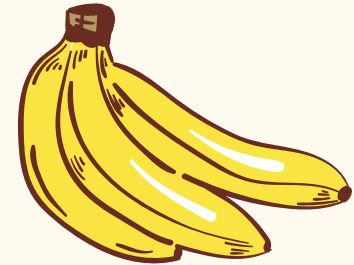
create art



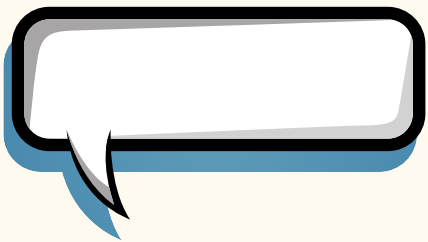
get up and stretch



listen to music



eat a snack



use positive self talk



learn something new



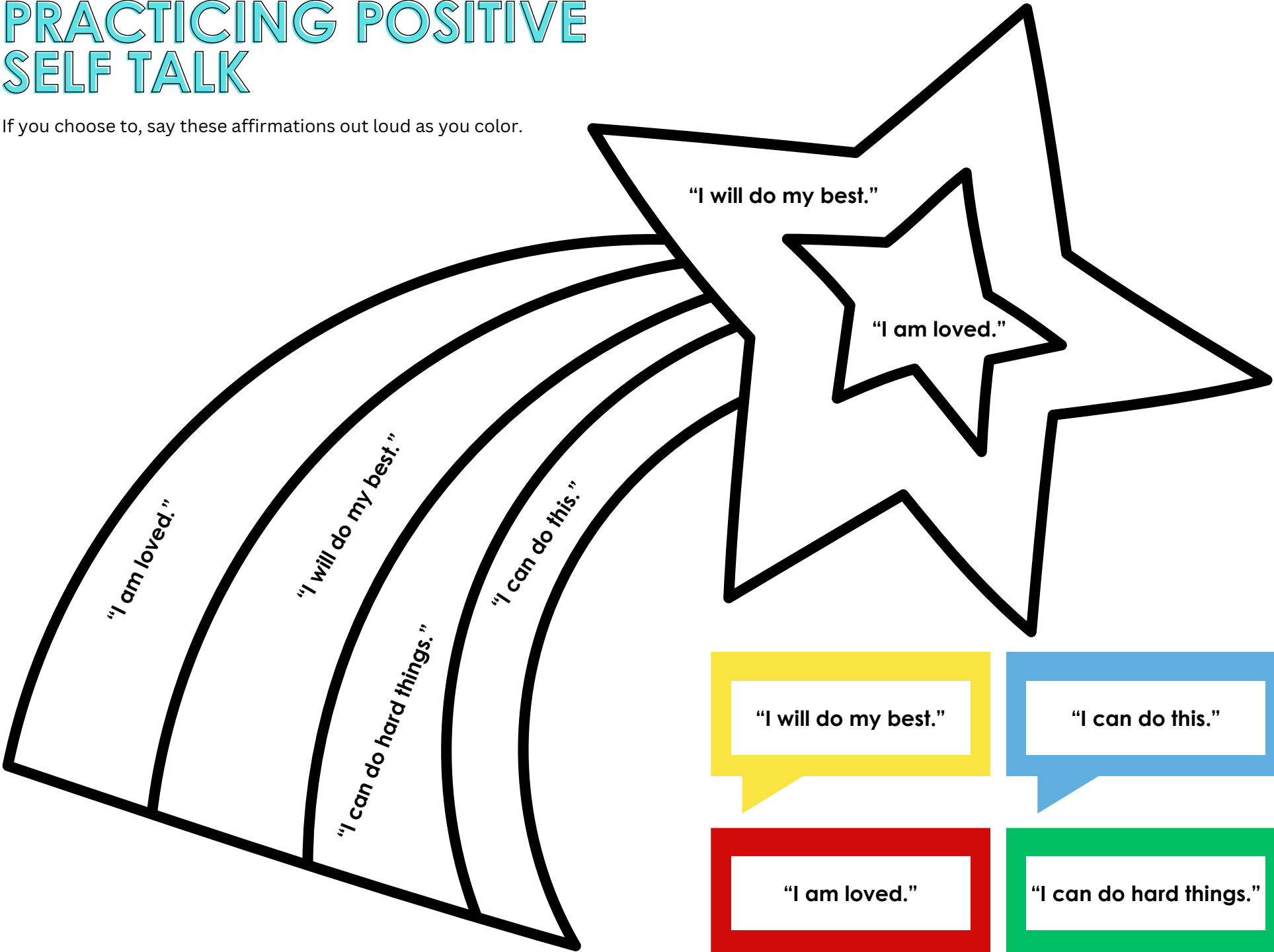
use a fidget



go for a walk

# PRACTICING POSITIVE SELF TALK

If you choose to, say these affirmations out loud as you color.



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