

Name \_\_\_\_\_



# Feelings Check-In

Taking a moment to recognize your feelings and emotions will help you to manage your mood and make healthy choices. Write or draw things you can do when you decide to motivate your mood.

When I feel \_\_\_\_\_ , I will \_\_\_\_\_ .

When I feel \_\_\_\_\_ , I will \_\_\_\_\_ .

When I feel \_\_\_\_\_ , I will \_\_\_\_\_ .