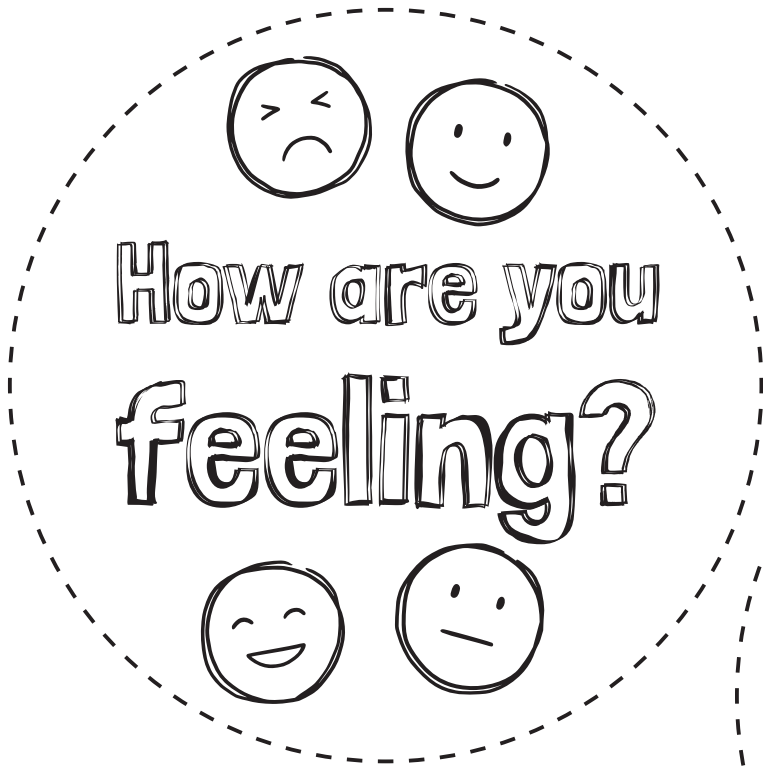Name _____

Choice Check-In

Pause and practice a choice check-in! Taking time to think through how you're feeling can inspire healthy choices. Color, cut, and hang these notes as a reminder to check in on yourself.

How are you feeling?

WHAT RECHARGE ACTIVITY DOES YOUR BODY NEED TODAY?

HOW CAN YOU JOYFULLY MOVE YOUR BODY TODAY?

Name _____

Choice Check-In

Pause and practice a choice check-in! Taking time to think through how you're feeling can inspire healthy choices. Color, cut, and hang these notes as a reminder to check in on yourself.

HOW DOES YOUR BODY FEEL?

What is a healthy choice you can make today?

HOW CAN YOU BE A GOOD FRIEND TODAY?