



STANDING
STRONG
TOGETHER

INSTRUCTIONS

My mental wellbeing check-in

It is important for students to reflect on how they are feeling, their emotions and why they feel this way.

This helps students be in tune with their bodies and their feelings. Students who can identify their emotions are able to begin learning ways to regulate their emotions if they are dysregulated.

The below resource is a great tool to teach students how to check-in with themselves and reflect on their emotions/feelings. Ensure the **Find Mental Wellbeing Support resource** is available for students to identify appropriate services they can access for support.

Have this resource available in homeroom, classrooms, student support and/or in sensory spaces to encourage students to check-in and reflect.

My mental wellbeing check-in

Name: _____

Date: _____

Draw or write how you are feeling in this moment:

I feel this way because...

How can I regulate my emotions?

Where can I go for help if I need to?