



STANDING
STRONG
TOGETHER

Mentally Healthy Schools [Primary]

INSTRUCTIONS

My 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. Use this **Check-In Activity** with the **Feelings Chart**, to ensure students know the different types of emotions and what they look like.

Use the **Check-In Activity** in the classroom, student support and/or in sensory spaces to encourage students to check-in and reflect.

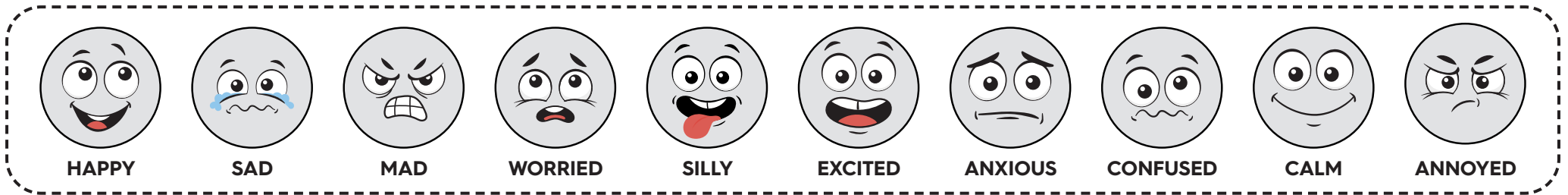


There are two **Check-In Activities** available, select the one that suits your students' abilities and emotional literacy.

My check-in

Name: _____ Date: _____

Circle how you're feeling:



Think about how you're feeling and draw or write answers to these questions:

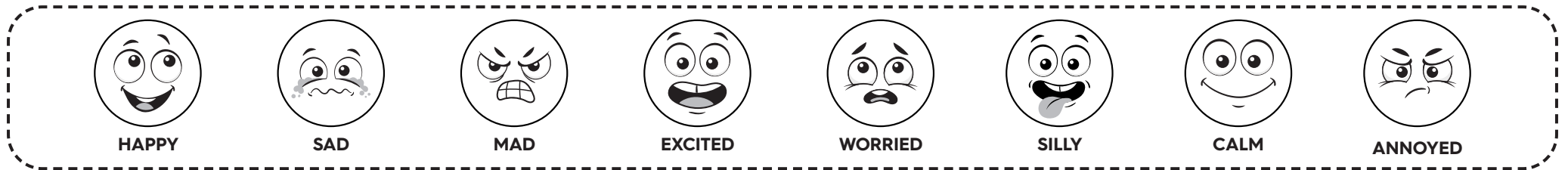
Why do you feel this way?

How can you calm yourself down?

My check-in

Name: _____ Date: _____

Colour-in or draw a circle around the face that shows how you feel:



Think about how you're feeling and draw or write answers to these questions:

I feel this way because...

How can I regulate my emotions?

One thing I'm looking forward to is...