

Feelings Check In/Out (Level 2)

How Are You Feeling Today?

Check In

Check Out

Directions:

Select a color and circle how you're feeling now (Check In) and later (Check Out).



Hopeful



Glad



Angry



Proud



Safe



Scared



Happy



Sad



Worried



Mad



Frustrated



Tired



Surprised



Lonely



Excited



Nervous

Name _____ Grade _____ Date _____