SPECIAL EDUCATION · K–5TH GRADE · CALM DOWN · 2 OF 5

How Do I Feel? Check-In

Circle how you feel. Then circle what you need.

Name: _____ **Date:** _____



1. Right now I feel...

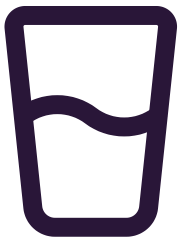


happy | okay | sad | mad | worried | silly

2. I need...



a break



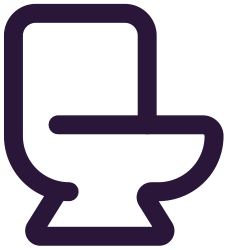
water



help



a hug



the bathroom



a snack



quiet



nothing, I am good

 Art © Kevin Coulston