

# FEEL & DEAL Daily Check-in

## FILL IN THE BLANKS

Today, I'm feeling \_\_\_\_\_  
because \_\_\_\_\_

If you need some help with feeling words, see the feeling faces sheet. Do any of those feeling words match your mood today?

Today, I want to feel

\_\_\_\_\_



**WRITE IT!**



**DRAW IT!**

Write about something you can do that will help you feel the way you want to:

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Draw a picture of yourself feeling the way you want to feel today.

## SHARE AND CONNECT

Share your drawing with a friend or adult.  
How can you help each other out with your feelings today?

Name: \_\_\_\_\_ Date: \_\_\_\_\_