

Feelings Check-In















Sun

Mon

Tue

Wed

Thu

Fri

Sat



Monday

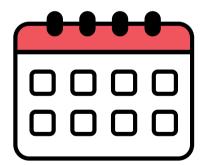
Tuesday

Wednesday

Thursday

Friday

Today is...









The weather is...





Sunny

Windy







Rainy



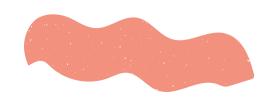




How Are You Feeling Today?









Our feelings are like the weather. They can change at any time

Think about how you're feeling right now and what kind of weather it relates to.







What type of weather can you identify with?



Calm



Angry



Sleepy



Sad



Happy



Worried









Shy



Proud



Tired



Thank You For Sharing

Have a great day ahead



