

How am I feeling?

Five-face check-in with a reflection prompt.

 Great ■ Circle if this is me today	 OK ■ Circle if this is me today	 Meh ■ Circle if this is me today	 Not good ■ Circle if this is me today	 Really bad ■ Circle if this is me today

Talk it out

1) What happened today that made me feel this way?

2) Was there something in my body I noticed (tummy, chest, breathing)?

3) What's one thing that would help right now?
