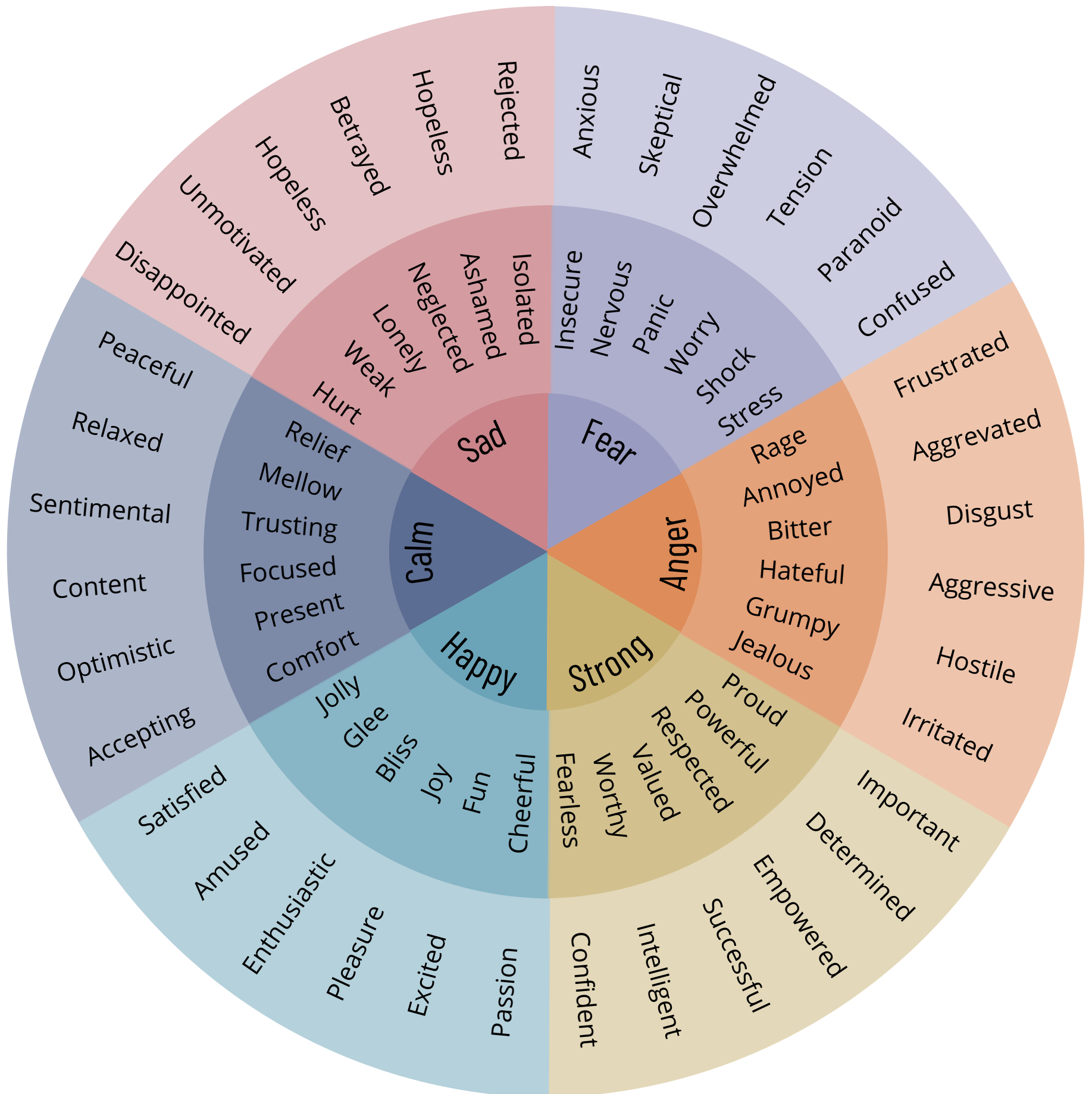
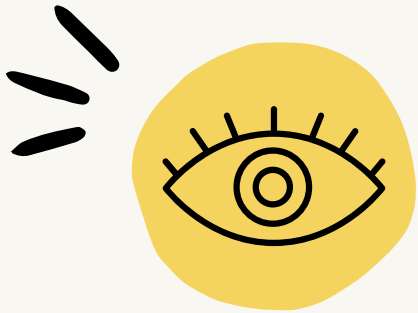


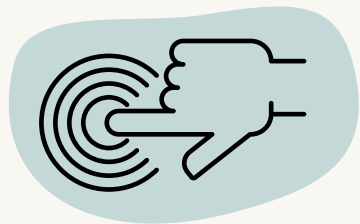
The Feel Wheel



CALMING STRATEGY



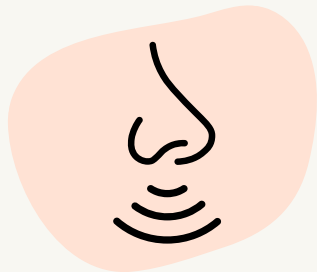
5 THINGS YOU CAN SEE



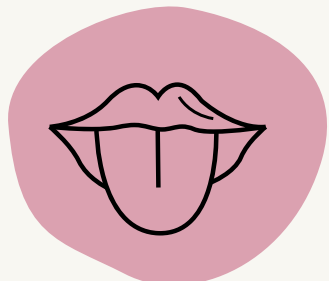
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



CALM DOWN CHART



take a nap



drink water



draw



jump



watch a funny video



stretch



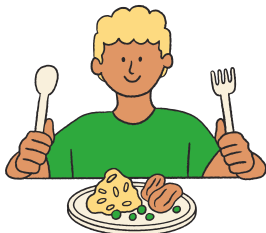
kick a ball



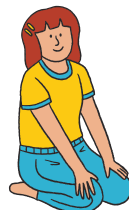
read a book



sing a song



eat



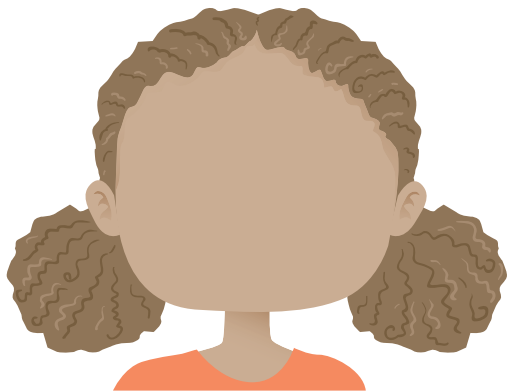
kneel



play with a ball

Name _____

Morning Check-In



How I feel about today:

- Happy
- Tired
- Hopeful
- Nervous
- Focused
- Sad
- Frustrated
- Confident
- Excited
- Angry
- Joyful
- Bored

Reason for my rating

A drawing of a sheet of lined paper. It has five small circles at the top representing binder holes. The paper is white with light blue horizontal lines. The bottom right corner is slightly folded over.

Goal for Today:

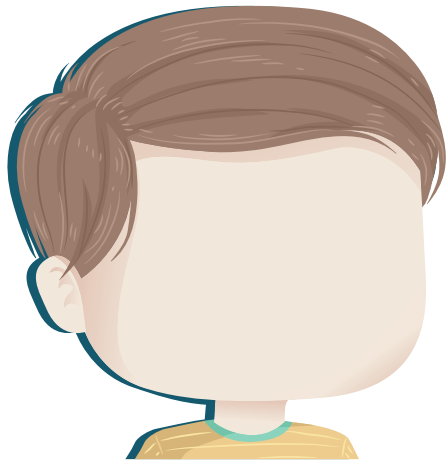
A large, hand-drawn circle with a thick black outline and a textured, shaded interior. It is positioned to the right of the 'Reason for my rating' section and below the 'Goal for Today' text.

Something I am looking forward to today:

A large rectangular box with a black outline. Inside the box, there are five horizontal lines for writing, spaced evenly down the page.

Name _____

Morning Check-In



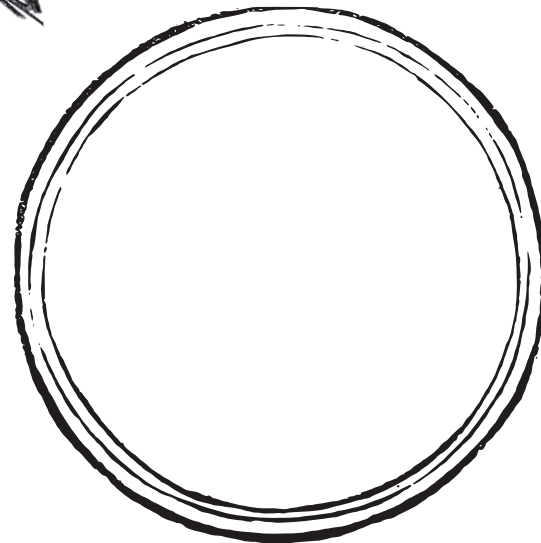
How I feel about today:

Happy Tired Hopeful Nervous
Focused Sad Frustrated Confident
Excited Angry Joyful Bored

Reason for my rating

A drawing of a sheet of lined paper. It has five small circles at the top representing binder holes. The paper is white with light blue horizontal lines. The bottom right corner is slightly folded over.

Goal for Today:

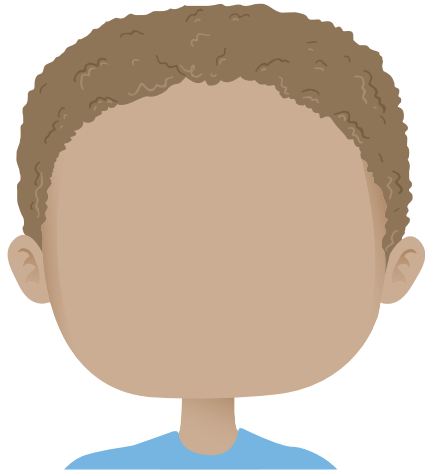


Something I am looking forward to today:

A large rectangular box with a black border. Inside the box, there are five horizontal lines for writing, providing space for the user to describe something they are looking forward to.

Name _____

Morning Check-In



How I feel about today:

- Happy
- Tired
- Hopeful
- Nervous
- Focused
- Sad
- Frustrated
- Confident
- Excited
- Angry
- Joyful
- Bored

Reason for my rating

A drawing of a sheet of lined paper. It has a red horizontal line near the top, five small circles representing binder holes, and several horizontal blue lines for writing. The bottom right corner is folded over.

Goal for Today:

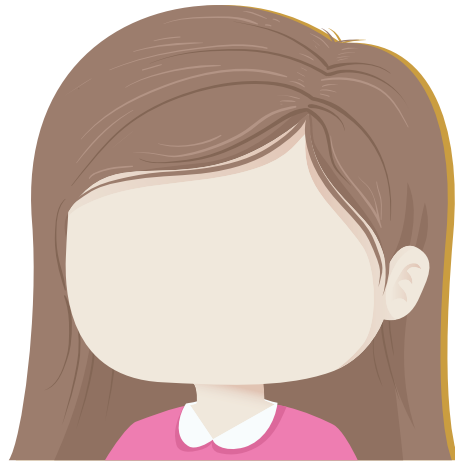
A large, hand-drawn black circle with a thick, textured stroke, intended for writing a goal.

Something I am looking forward to today:

A large rectangular box with a black border and five horizontal lines inside, intended for writing something the user is looking forward to.

Name _____

Morning Check-In



How I feel about today:

- Happy
- Tired
- Hopeful
- Nervous
- Focused
- Sad
- Frustrated
- Confident
- Excited
- Angry
- Joyful
- Bored

Reason for my rating

A drawing of a sheet of white lined paper with five binder holes punched along the top edge. The paper has horizontal blue lines and a small tab at the bottom right corner.

Goal for Today:

A large, hand-drawn circle with a double-line border, intended for writing a goal for the day.

Something I am looking forward to today:

A large rectangular box with a black border and five horizontal lines inside, designed for writing something the user is looking forward to.