

Feelings

CHECK-IN

NAME :

DATE :

USING THIS ACTIVITY

🌟 Welcome to Your Feelings Check-In! 🌟

This activity will help you notice and share how you're feeling. You'll use a mood meter to check in with yourself at the start and end of the day.

👉 **In the morning:** Look at the mood meter and circle the feeling that shows how you feel right now. You may feel more than one emotion at a time.

👉 **In the afternoon:** After lunch, check again! Has your feeling stayed the same, or has it changed? Circle the new feeling(s).

Do this every day for a week. At the end, see if you notice any patterns. For example, maybe you often feel worried in the morning but happy later in the day.

💡 **Tip:** Sometimes our feelings show in our bodies and faces. Look at clues like your facial expressions, how much energy you have, or whether you feel calm or fidgety.

This check-in is your time to pause, listen to yourself, and understand your emotions better.

NON-VERBAL CLUES

NERVOUS



- Feeling butterflies
- Stomach churning
- Biting bottom lip
- Stuttering

AFRAID



- Knees wobbling
- Breathing hard
- Heart racing
- Biting nails

UPSET



- tears welling up
- Lowering gaze
- Voice breaking
- Clenching jaw

SHOCKED



- Mouth falling open
- Heart beating fast
- Staring blankly
- Jaw dropping

HOT



- Fanning oneself
- Turning crimson
- Moving slowly
- Wiping sweat

HAPPY



- Bouncing on toes
- Eyes brightening
- Smiling broadly
- Talking rapidly

COLD



- Cheeks turning rosy
- Nose turning red
- Breath visible
- Shivering

TIRED



- Forcing eyes open
- Slumping posture
- Rubbing eyes
- Yawning

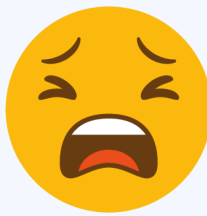
THE MOOD METER

☞ In the morning: Look at the mood meter and circle the feeling that shows how you feel right now. You may feel more than one emotion at a time.

Excited



Frustrated



Happy



Silly



Angry



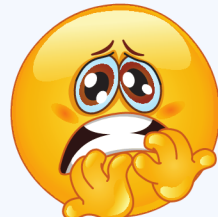
Calm



Worried



Anxious



Shy



Loved



Sad



Lonely



Bored



Scared



Safe



Friendly



Unsure



Other:_____

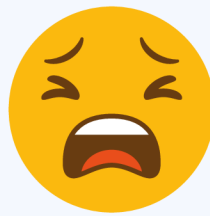
THE MOOD METER

☞ In the afternoon: After lunch, check again! Has your feeling stayed the same, or has it changed? Circle the new feeling(s).

Excited



Frustrated



Happy



Silly



Angry



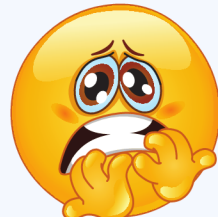
Calm



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Friendly



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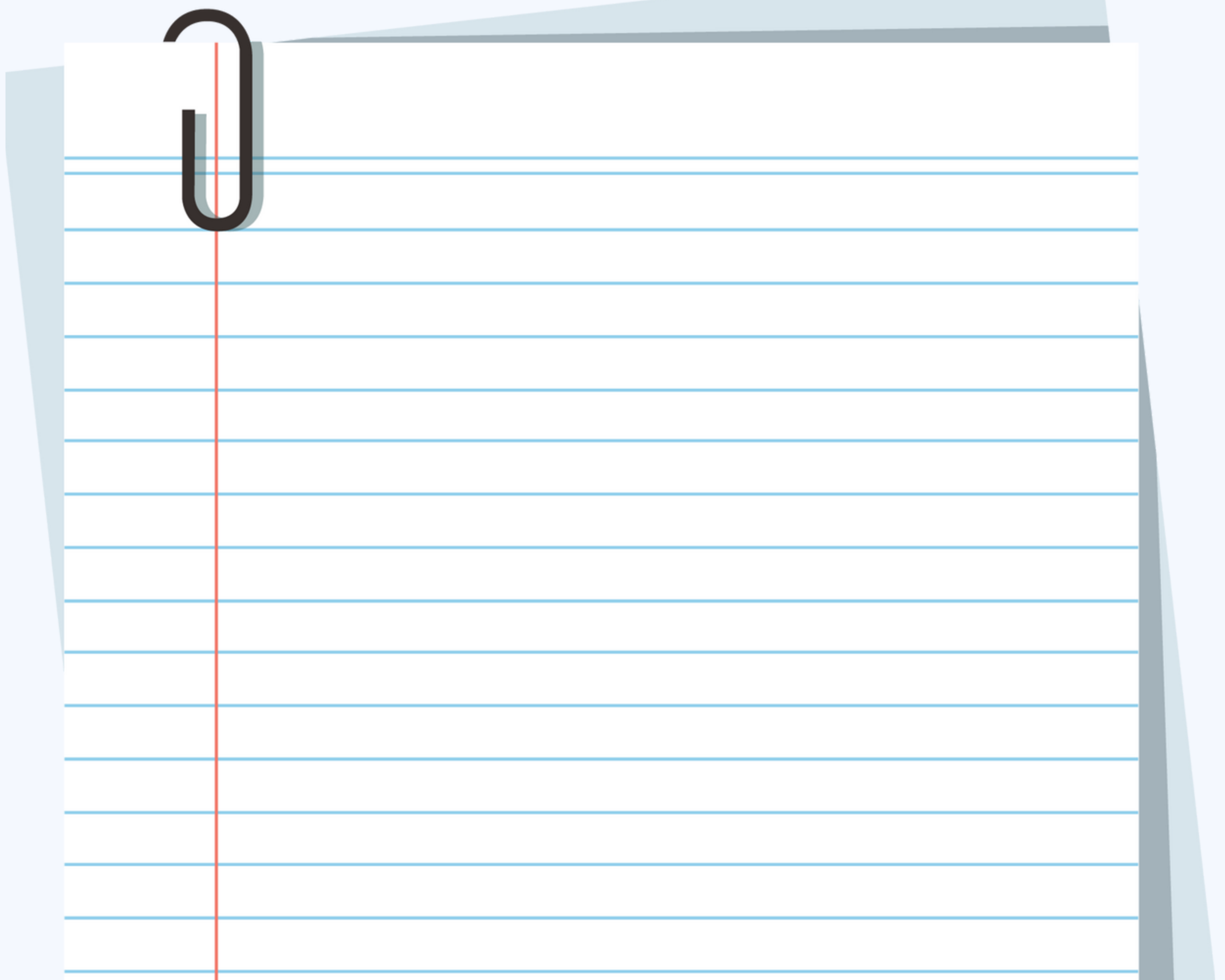
Other:-----

TIME TO REFLECT

Think about your day and answer these questions (you can write, doodle, or draw pictures):

1. Did your feelings change from morning to afternoon?
2. What things happened today that made you feel that way? (e.g. friends, lessons, playtime)
3. What helped you when you had big feelings?
4. What could you try tomorrow to feel even better?

☁ Use the space below to write, draw, or add little symbols that show your feelings.

A large sheet of white paper with horizontal blue lines, resembling notebook paper. A black paperclip is attached to the left edge. A vertical red line runs down the left side of the paper, starting from the paperclip. The paper is set against a light blue background with a subtle gradient.

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