Morning Check in

How are you feeling today? Circle the face that describes your mood.



Write down 3 things you are grateful for

1.
2.
3.

Write down 3 goals you want to achieve today. It can be as simple as reading a book or going for a walk.

1.
2.
3.

Evening Check in

How are you feeling after your day is finished? Circle the face that describes your mood.



Describe your day in a few short sentences.

Highlight what you enjoyed about your day. Remember, it’s okay to have different feelings and moods, as long as we can talk about them with a parent or guardian and writing them down helps us to understand them.