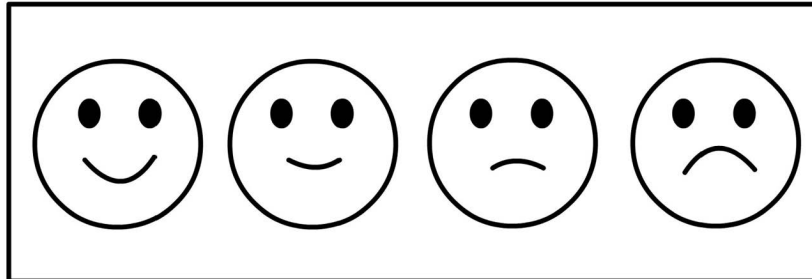


Name: _____

Feelings Check-In

How am I feeling?



My Favorite New Activity

Inside:

Outside:

I Really Miss

1.

2.

3.

Things I'm looking forward to:

1.

2.

3.

Today I will do this because it brings me joy: