

Today I feel...

Find more resources at thecheckinproject.org



HAPPY



SAD



ANGRY



EXCITED



SILLY



CALM



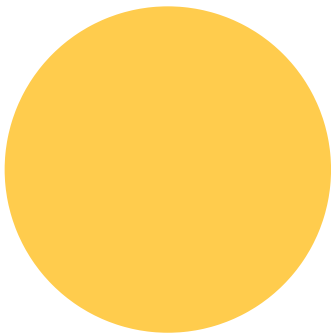
TIRED



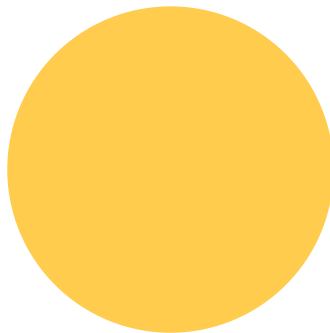
FRUSTRATED



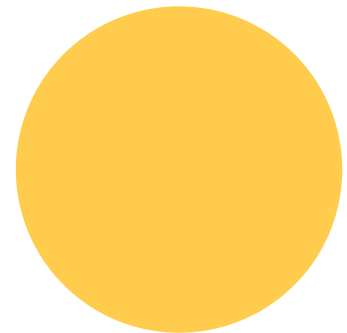
SURPRISED



.....



.....



.....

Draw and write down your own feelings!

