

# Emotional Check-In

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Today, I am feeling:



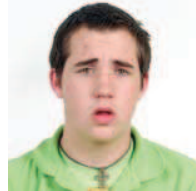
Calm



Happy



Excited



Confused



Nervous



Afraid



Disappointed



Hurt



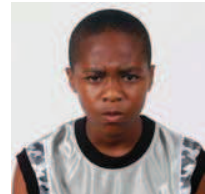
Sad



Bored



Upset



Angry

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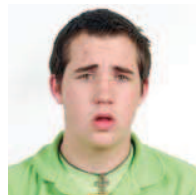
Calm



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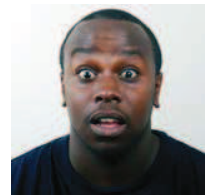
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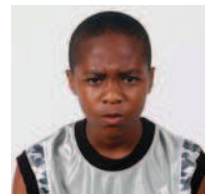
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