

DAILY CHECK-IN • GRADE 3

Name:

Teacher:

Date:

EMOTIONAL

How you are feeling at this moment?

Circle your answer



Calm



Happy



Surprised



Sad



Angry



Afraid



Curious



Proud



Disgusted



Embarrassed

I don't feel like sharing

PHYSICAL

How are you feeling physically at this moment?

Circle your answer



Rested



Full



Healthy



Tired



Hungry



Sick

I don't feel like sharing