

DAILY CHECK-IN • GRADE 4-6

Name: _____












Teacher: _____

Date: _____

EMOTIONAL

How you are feeling at this moment?

Circle your answer




 Calm	 Happy	 Surprised	 Curious	 Proud	 Motivated
 Sad	 Angry	 Afraid	 Disgusted	 Embarrassed	 Bored

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

SOCIAL

How are you feeling socially at this moment?

Circle your answer

 Included	 Connected	 Well-liked	 Friendly
 Ignored	 Rejected	 Disliked	 Awkward

I don't feel like sharing