

DAILY CHECK-IN • GRADE 7+

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	 Strong	 Refreshed	 Energetic	 Flexible
 Tired	 Hungry	 Sick	 Weak	 Drained	 Sluggish	 Sore/Achy

I don't feel like sharing

SOCIAL

How are you feeling socially at this moment?

Circle your answer

 Included	 Connected	 Supported	 Appreciated	 Well-liked	 Popular	 Self-assured	 Friendly
 Ignored	 Rejected	 Lonely	 Mortified	 Disliked	 Jealous	 Insecure	 Awkward

I don't feel like sharing