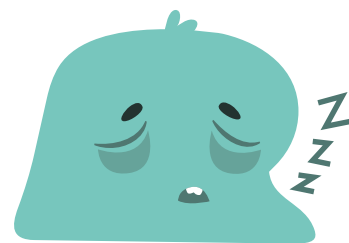
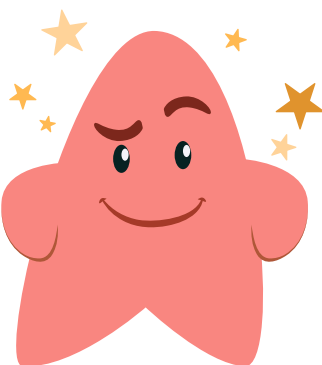
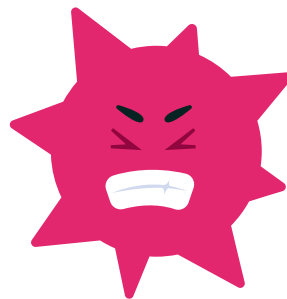
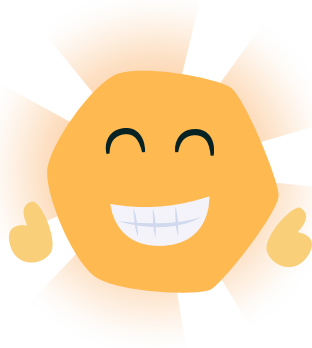


WELLNESS CHECK-IN

Use this paper-based wellness check-in for a screen-free way to complete the activity. Print, laminate, and cut the EMOmonster cards for each student. Then, invite students to display the emotion they are feeling throughout the day or at set check-in times. This activity helps students practice emotional awareness while giving you insight into how they are feeling.



* We recommend printing the cards double-sided so each emotion appears on one side and its explanation on the reverse.

Afraid

You feel scared because something doesn't feel safe.

Sad

You don't feel good inside and might want to cry or be alone.

Happy

You feel good inside and want to smile or laugh.

Yucky

You feel like something is gross or not okay, like when food tastes bad or something smells stinky.

Angry

You feel mad because something is wrong or not fair.

Surprised

You feel really happy and full of energy, like something fun is about to happen!

Tired

You feel sleepy and your body wants to rest or take a nap.

Calm

You feel peaceful and quiet inside, like when you're resting or reading.

Proud

You feel really good about something you did all by yourself!