

Name: _____

Date: _____

How are you feeling today?



happy



frustrated



tired



silly



sad



excited



embarrassed



confused



angry



scared



proud



sick

Choose an emotion that matches how you're feeling today.

Why do you feel this way?

Is there anything you would like to share with your teacher?

Would you like to talk about this with your teacher?

Circle:

YES

NO

MAYBE

MENTAL HEALTH

check in

HOW TO GET STARTED

When I first implemented this form I spoke to my students about how we all feel various emotions. It's not always a happy feeling, and that's ok. It's normal to feel sad or frustrated. I then explained that every morning we will start our day with this new form. They will fill out the form, then get started on their morning work.

On the form they choose an emotion they're feeling that day. It may be an emotion that's included in the image, or another emotion that's not stated. The next question asks why they feel this way. The third question asks if there's anything they want me know. Whether it's about their emotions, that they have a soccer game coming up and want me to come watch, or they can simply say they have nothing to share. The final question asks if they would like to speak to me about their responses: yes, no, or maybe. Sometimes students just need to get something off their chest and that's enough, while other times they may want to talk about it more.

I hope you find success with these forms and that they help your students.