



EMOTIONAL CHECK-IN PROMPTS

Use with Staff, Students, or even Yourself!

WHAT COLOR ARE
YOU TODAY?

ONE-WORD
WEATHER REPORT

EMOJI TO DESCRIBE
YOUR MOOD

FIST TO FIVE:
WHAT'S YOUR
ENERGY LEVEL?

NAME YOUR
EMOTION MONSTER

I AM ARRIVING FEELING ...
AND
I'M HOPING TO ...





CO-REGULATION ON THE SPOT

In a tough moment... try one of these!

BREATH RESET

Inhale for 4...

Hold for 4...

Exhale for 8...

NAME IT TO TAME IT

"I am feeling ..."

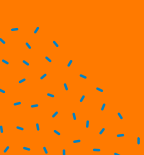
"Looks like you're feeling ...,
would you like to ...?"

BODY SCANS

Close your eyes and check for tension in your body—from your head to your toes, and then relax each part to ease tension.

LOW & SLOW VOICE

Calm is your superpower! Soften shoulders, uncross your arms, and sloooooow down your voice.





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