

# EMOTION CHECK-IN JOURNAL

Date: \_\_\_\_\_

Today is: \_\_\_\_\_

It's okay to have all kinds of feelings.  
Checking in helps me understand myself and make good choices.

## 1 HOW DO I FEEL TODAY?

Circle the emotion that matches how you feel.



Happy



Calm



Sad



Angry



Worried



Surprised



Tired

Other: \_\_\_\_\_

## 2 WHAT HAPPENED?

What happened that made you feel this way?

You can write or draw.

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## 3 WHAT CAN HELP ME?

What can I do to feel better or stay calm?

Tick the strategies you can try.



Take deep breaths



Move my body



Take a break in a quiet space



Talk to someone I trust



Drink some water



Take a sensory break



Think positive thoughts

Other: \_\_\_\_\_

## 4 MY PLAN

What will I try today to help me feel better or stay calm?

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I am doing my best, and that is enough.

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