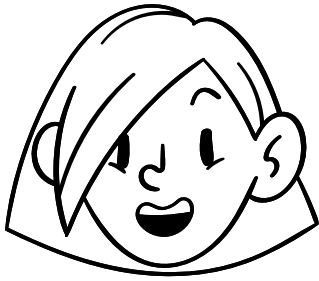
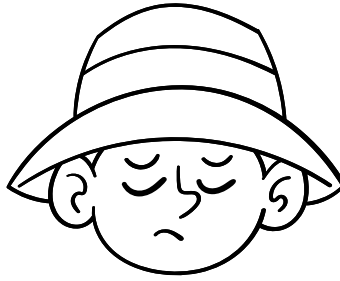


Your Daily Check-in

How are you feeling today?



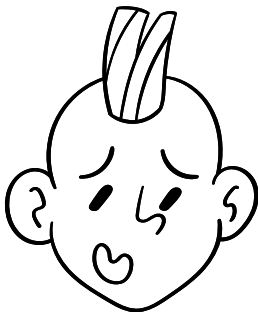
happy



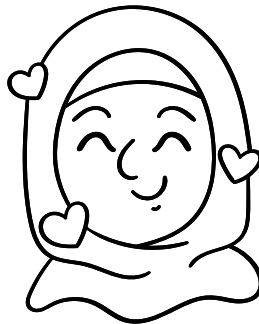
sad



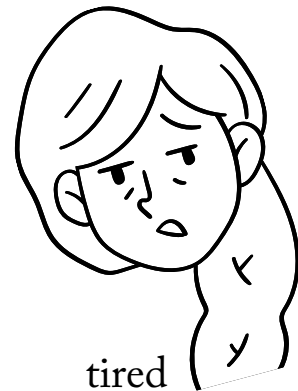
angry



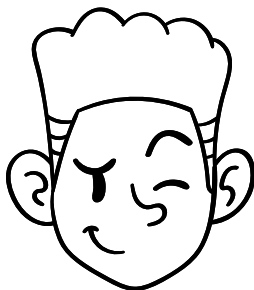
shy



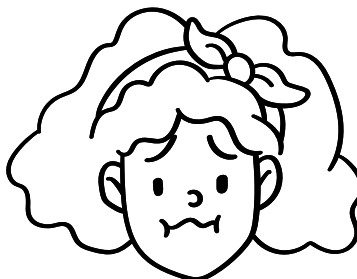
loved



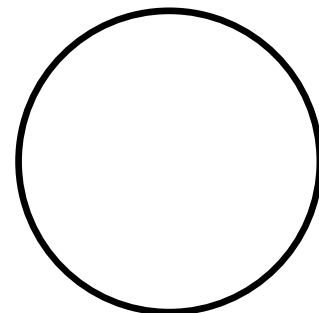
tired



proud



scared



something else



You can feel more than one of these emotions.

Can't find your feelings here?

Share it with your counselor or a parent.

#MightyMilitaryKids

Today I feel...

Circle any of the ways you feel.

Happy

Sad

Angry

Nervous

Excited

Tired

Worried

Focused

Confused

Silly

Joyful

Confident

Scared

Calm

Proud

Write a word to describe your feelings.

Today I am...

Draw a face showing the way
you feel today..

#MightyMilitaryKids

