



Kai's

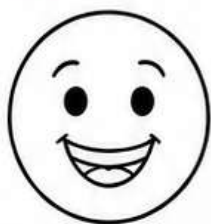
Feelings Check-In

♥ A free home printable ♥

AGES 4-8



1 Today I feel... ♥



happy



sad



mad



scared



excited



tired

2 My body feels... ♥



calm



wiggly



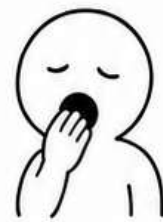
tight



heavy



buzzy



tired

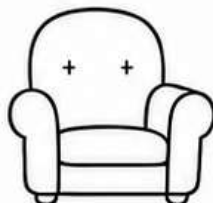
3 What I need right now... ♥



a hug



water



a break



movement



quiet



help