

# Feeling Check-In

The first SEL competency is self-awareness and it begins with students being able to identify how they feel. Having a feelings check-in helps students learn to recognize their emotions and also the intensity of their emotions. Once students are able to recognize their feeling, they will be able to manage them.



Today I feel: \_\_\_\_\_

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What I miss most:

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New things that I've tried

Inside: \_\_\_\_\_

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Outside: \_\_\_\_\_

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Today I'm going to do this because it brings me joy:

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Today I'm going to share my feelings with:

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