

# *Check-in Activity Card*

## *Set 1*

# *About this resource...*

- This resource provides practitioners and group leaders with creative ways to do check-in activities.
- They are designed to help students gauge and identify their emotions and opens the channels of communication. It can be a useful tool in building vital relationships with students.
- This can be done at the beginning, or the end of the week and students have the chance to elaborate on their emotions by writing on the back of the sheet or copy it into the back of their book, along with a date and the freedom to write something about why they may be experiencing this if they wish to do so.
- These can be printed using the PDF or displayed on the IWB.

# How are you feeling today?

Name:

Date:



*very happy*

*happy*

*not happy*



*very sad*

*sad*

*not sad*



*very angry*

*angry*

*not angry*



*very worried*

*worried*

*not worried*



*very tired*

*tired*

*not tired*



*very annoyed*

*annoyed*

*not annoyed*



*\*\*If you want to say more about why you feel this way write it on the back or let's make some time to talk. \*\**

# How are you feeling today?

Name:

Date:



*excited*  
*happy*  
*glad*



*heartbroken*  
*sad*  
*upset*



*furious*  
*angry*  
*cross*



*anxious*  
*nervous*  
*worried*



*exhausted*  
*worn out*  
*tired*



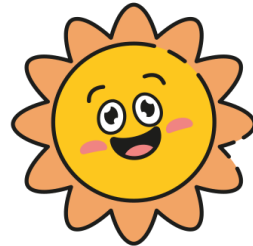
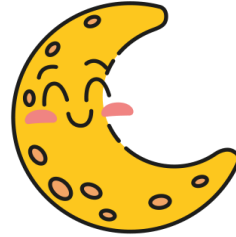
*infuriated*  
*irritated*  
*annoyed*



*\*\*If you want to say more about why you feel this way write it on the back or let's make some time to talk. \*\**

# ***If your mood was a type of weather, what would it be?***

*Circle the weather that represents your mood the best.*





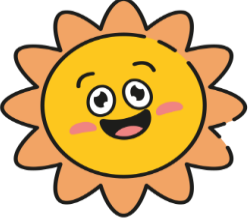







**Name:**

**Date:**

**Check-in  
Activity**

# *If your mood was a type of weather, what would it be?*

	1	2	3
A			
B			
C			

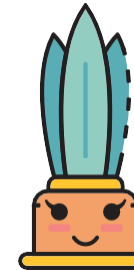
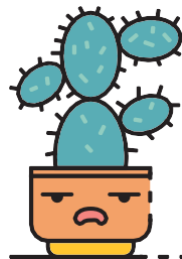
Name: \_\_\_\_\_

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

Check-in  
Activity

# If your mood was a plant, what would it look like?

Circle the plant that represents your mood the best.



Name:








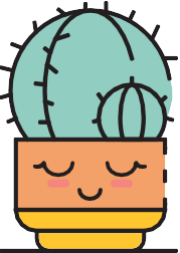


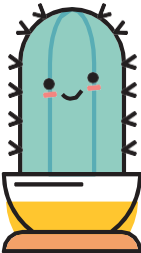


Date:

Check-in  
Activity

# If your mood was a plant, what would it look like?

Name:

Date:

	1	2	3	4
A				
B				
C				

Check-in  
Activity