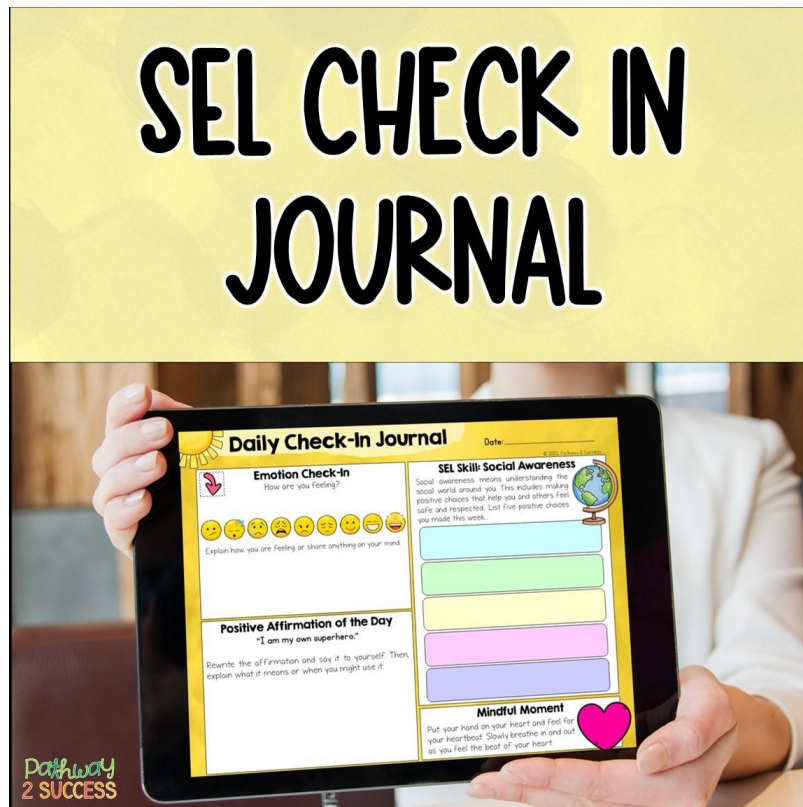




5 Daily “Emotions Check-In” Ideas

1. SEL Check-In Journal


How do you use it? Have students complete 1 page (or slide) per day for a daily emotions check-in, positive affirmation, SEL skill, and mindful moment.












2. Daily Emotions Check-In

How do you use it? Make it a routine for students to complete this daily check-in page each day. It gives space to share how they are feeling, why they feel this way, and what might help them to do their best.

DAILY EMOTIONS CHECK IN

 **Feelings Check-In** Name: _____ Date: _____


Right now, I'm feeling...

<p>I feel this way because...</p> <p>I miss my grandpa. He moved away a week ago and I wish I could see him.</p>	<p>Something that might help is...</p> <p>I would like to write him a letter or email. It might help to talk about him too.</p>
<p>Anything else I'd like to share:</p> <p>One thing I'm happy about is that I will get to visit my grandpa in a month. I can't wait for that.</p>	

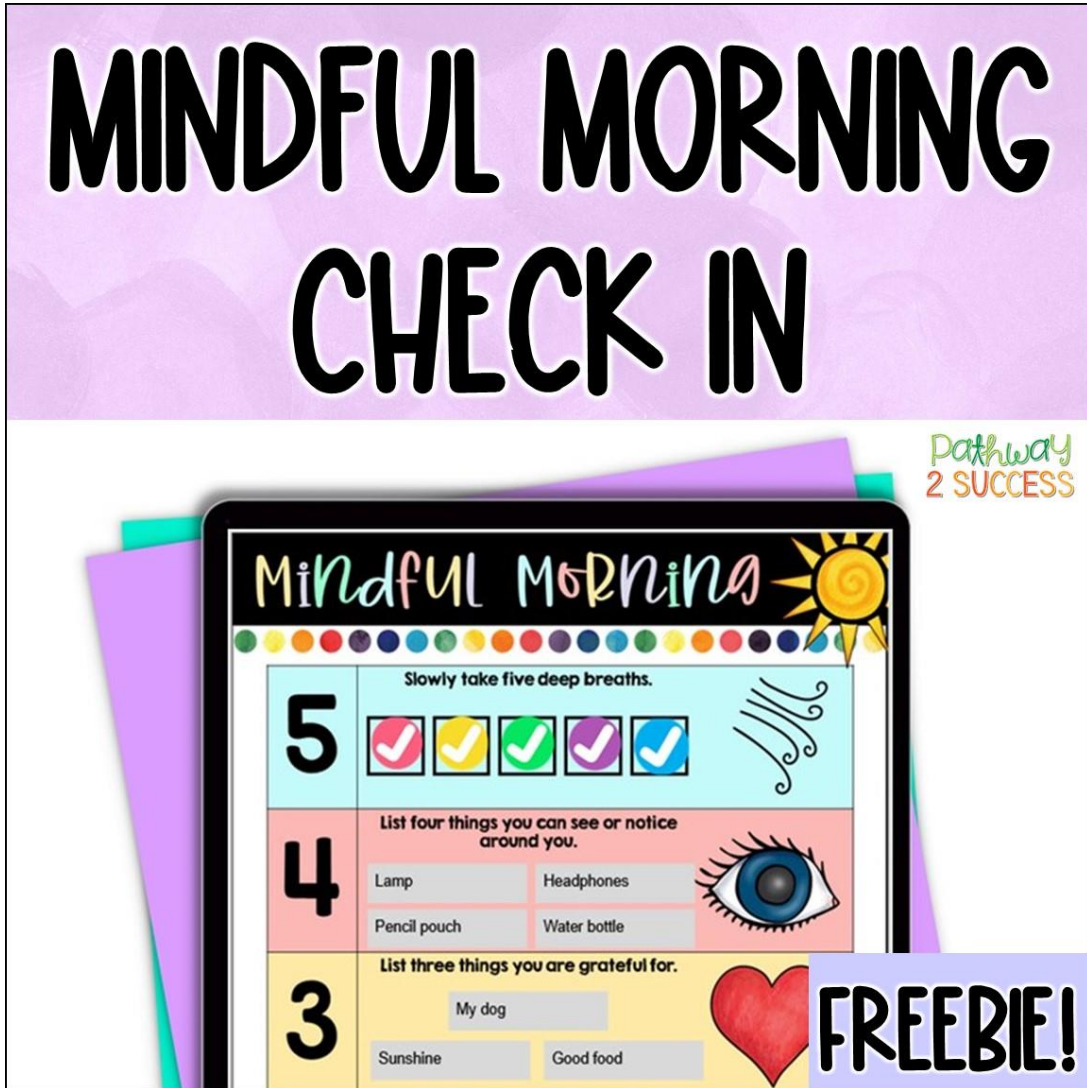
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FREEBIE!



3. Mindful Morning Check-In

How do you use it? Hang the printable poster and complete the 5 steps together each morning. You can also use the digital or printable version if that works for you.





The image shows a colorful poster titled "Mindful Morning Check In" with a purple background and large black text. Below the title is a smaller version of the poster on a tablet. The smaller poster has a black border and a sun icon. It is divided into three sections: a top section for step 5 (breathing), a middle section for step 4 (observation), and a bottom section for step 3 (gratitude). A red heart icon and the word "FREEBIE!" are in the bottom right corner of the smaller poster. The logo "Pathway 2 SUCCESS" is in the top right corner of the main image.

MINDFUL MORNING CHECK IN

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Mindful Morning ☀️

5	Slowly take five deep breaths.	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	
4	List four things you can see or notice around you.	Lamp <input type="text"/> Headphones <input type="text"/> Pencil pouch <input type="text"/> Water bottle <input type="text"/>	
3	List three things you are grateful for.	My dog <input type="text"/> Sunshine <input type="text"/> Good food <input type="text"/>	

FREEBIE!

4. PASTA 5-Step Check-In

How do you use it? Go through the 5 steps (that spell PASTA) to pause, identify emotions, and consider strategies to work through them.

PASTA 5 STEP CHECK IN

5 Steps for a Daily Emotions Check-In

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P Pause and breathe for a moment.

A Ask yourself how you feel.

S Say the emotion words out loud or write them on paper.

T Think about your feelings.

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5. Executive Functioning Check-In Journal

How do you use it? Have students complete 1 page (or slide) per day for a daily emotions check-in, space to plan the day, learn a new executive functioning skill, and take a brain break. This set specifically targets skills for attention, self-control, and managing emotions.

