

My feelings check-in

Ages 6-8 | Draw, point, talk - or say "not sure"

There is no score and no right feeling. You can choose more than one word, use your own word or leave a space blank.

Something that happened (write or draw):

What I notice in my body (write or draw):

Words I might choose:

happy	sad	angry	worried
disappointed	excited	calm	not sure

What support would I like? Company, space, help, or my own idea:

Grown-up: accept the child's answer. A body clue is not proof of a feeling. Keep completed sheets private; no upload is needed.

Three small feelings activities

Choose one at a calm moment. Paper and pencil are enough.

Story pause

Read a familiar story. Ask: "What might the character feel? What makes you think that?" Allow different ideas; faces do not tell the whole story.

Two feelings can fit

Imagine a cancelled park trip. Offer: "I might feel sad about the trip and glad to stay dry." Invite a drawing of two possibilities, without assigning the child a feeling.

A support request

Take turns practicing "Could you sit with me?" or "I need some space." The grown-up responds kindly and remains available. A child can point instead of speaking.

Words or drawings we want to add to our check-in:

Use this as a conversation, not an assessment or a requirement to calm down. If distress is persistent or affects everyday life, seek advice from an appropriate qualified professional.

Further reading: American Academy of Pediatrics, Books to Teach Kids About Feelings & Resilience ([HealthyChildren.org](https://www.healthychildren.org)).

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