

Name _____

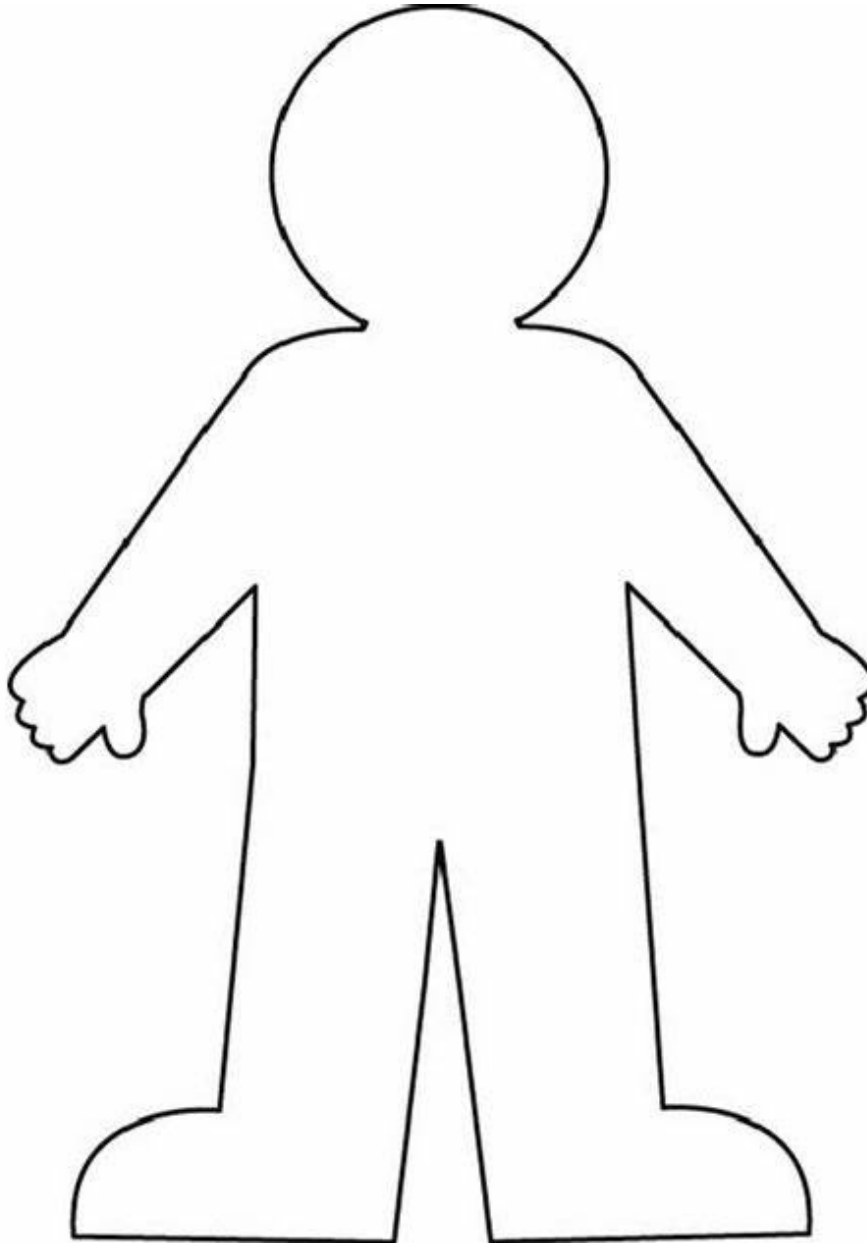
BRAIN CHECK IN

How is your brain feeling? Draw/Color inside the brain to show how your brain is feeling.



BODY CHECK IN

How is your body feeling? What messages is your brain sending your body? Where are you having feelings in your body? What do they feel like?



Pick a color for each feeling and color where in your body you have these feelings.

Mad Happy Sad Sick Joyful Silly

Worried Excited Scared Tired Bored

WHAT DO YOU NEED?

If your body is feeling like it has a lot of energy, pick a tool to help you feel more in control. If your body is feeling tired or slow moving, pick a tool to help you feel more focused and energetic.

