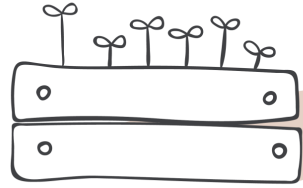
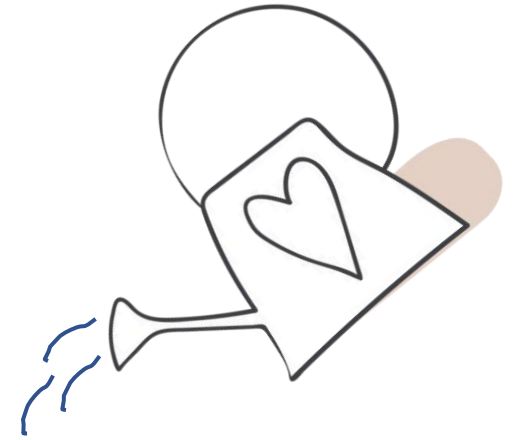


Social Emotional Check-in



& Reflection



1

How am I feeling right now?

2

Can I improve how I am feeling?

Yes No

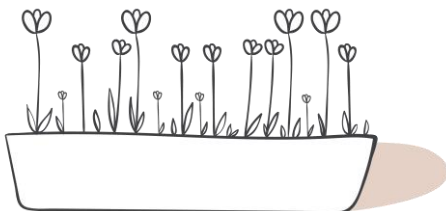
3

What can I do to change how I am feeling...

♥ Right this moment? _____

♥ A few days into the future? _____

It's time for a change!

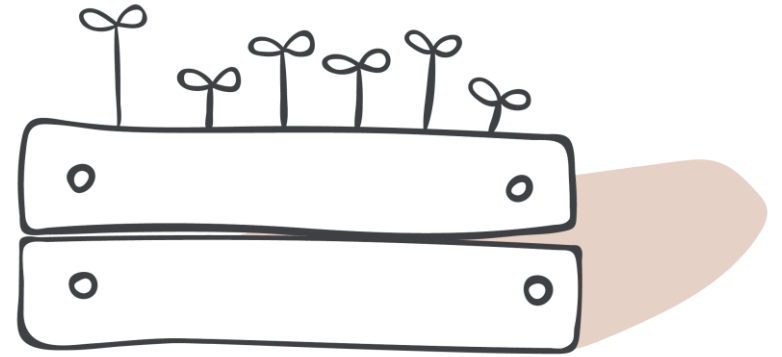


Ideas to Get Happy!

- ☺ Meditate
- ☺ Go for a walk.
- ☺ Write down what you are grateful for.
- ☺ Listen to happy music.
- ☺ Talk to a family member or friend.
- ☺ Get some sun outside!
- ☺ Draw a picture.

Additional Knowledge

- [25 Habits linked to Happiness](#)
- [The Surprising Science of Happiness](#)



Ideas

- Read a book about emotions – Check out “The Color Monster” by Anna Llenas.
- Do an activity that promotes kindness. Studies show doing things for others boosts our mood and happiness factor!
- Don’t be afraid to talk about or think about emotions– they are there for a reason! It is up to us to discover why sometimes.
- Sit with your eyes closed for 2 minutes. Listen to your breath.

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