Emotional Check-In

Name:		Date:	
Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
Today, I am feeling		because	
		nal Check-Out	
Name:		Date:	
Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
Today, I am feeling		because	