

Daily Feelings Check-In for Kids

How I feel today



Angry



Bored



Calm



Confused



Happy



Excited

What might help



Frightened



Anxious

Check the feeling that best matches how you feel today.

Use the boxes to explain why you feel this way and what might help.



Teacher Guidance Page

Recommended Age: 7–12

Purpose of the Activity

This activity helps children develop emotional awareness and emotional vocabulary by encouraging them to identify how they feel, reflect on why they feel that way, and consider strategies that might help.

It can support discussions about feelings and emotional regulation.

How to Use the Worksheet

This worksheet can be used:

- during morning check-ins
- during circle time
- in counselling sessions
- after a difficult situation or emotional moment
- as part of PSHE or SEL lessons

Encourage children to first circle the emotion that best matches how they feel, then write or draw their thoughts in the reflection boxes.

Questions Adults Can Ask

Example prompts:

- What happened that made you feel this way?
- When did this feeling start today?
- What helps you when you feel like this?
- Who could help you if you need support?

This activity can be used alongside the Emotional Skills Toolkit

Additional resources include:

- **Emotion Cards**
- **Emotion Posters**
- **Reflection Activities**
- **Facilitator Guidance**

Explore the full toolkit on Etsy.

www.etsy.com/shop/GentlePathsToolkits