

MENTAL HEALTH Check-In

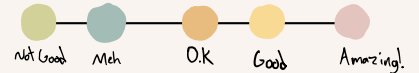
QUESTIONS

- Am I Hungry, Angry, Lonely, Tired or Thirsty?
- What Do I Need To Do To Take Care Of Myself?
- I Agree To Take Care Of Myself By Doing Today?
- What Negative Thoughts Are You Holding On To? (Trying Letting Them Go)
- How Are You Managing Your Time?

How are you feeling today?



How are you feeling about school?



How are you feeling about your friends?



What was your favorite part of the day?

What was your least favorite part of the day?

What is one thing you're thankful for today?

What are you looking forward to tomorrow?

Reminders

1. **Breathe**

Take a min to breathe and ground yourself

2. **Feel**

How am I feeling today?

3. **Give Thanks**

What am I grateful for today?

4. **Want**

What do you want to accomplish today?

5. **Need**

What are your needs today?

6. **Afirm**

Take a moment to afirm yourself