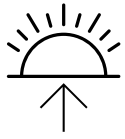


calendar icon date _____



Morning Check-in

Today I am feeling...



happy



sad



OK



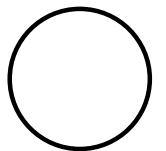
nervous



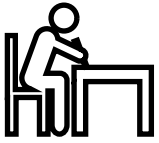
excited



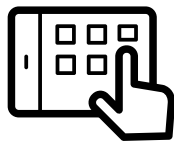
tired



I am looking forward to ...



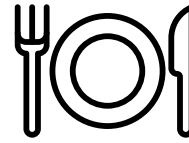
school work



screen time



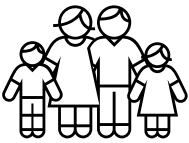
going outside



eating meals



I am feeling thankful for...



my family



my friends



my teachers



the weather



Draw or color something positive!