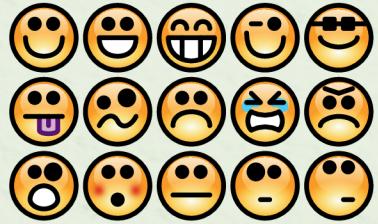


Feeling End-of-Day Parent/ Child Check-In



Today I felt... (Tick all that apply – or point to the ones that fit best)

Happy Calm Tired Angry Worried
 Excited Proud Sad Frustrated Lonely

The best part of my day was...

Something that felt tricky today was...

One thing I learned today

How my body feels right now:

Energetic Relaxed Sore Restless Sleepy

One thing I'm grateful for today:

How I want tomorrow to feel:

Fun Calm Confident Adventurous Relaxing

Something I need help with:

Friends Feelings Chores Noise / Busy places Other:



Parent notes/reflection: _____

(What worked well today? What might help tomorrow?)

End-of-day connection moment:

Hug High-Five Read a story together Share something we're both looking forward to tomorrow
 Quiet cuddle / sit together

Each day has its ups and downs. This check-in is a way to notice, not to judge.