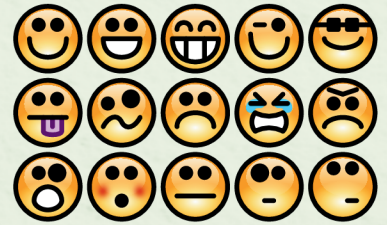


Feeling End-of-Day Parent/ Child Check-In



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

☐ Fun ☐ Calm ☐ Confident ☐ Adventurous ☐ Relaxing

☐ Friends ☐ Feelings ☐ Chores ☐ Noise / Busy places ☐ Other:



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

☐ 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.