FEELINGS CHECK-IN

Big Feelings Check-In

A gentle two-page activity to use with your child before or after an emotional moment.

Parent tip: Try this when your child feels safe and calm. They can point, draw, color, or talk. There are no right answers.

1 What am I feeling today?

- ○ Happy
- ○ Sad
- ○ Angry
- ○ Worried
- ○ Frustrated
- ○ Excited

2 Where does the feeling show up in my body?

Circle or color anything you notice: tight hands / fast heart / warm face / tummy butterflies / other

My body feels like: _____

3 How big is the feeling right now?

1	2	3	4	5
small feeling				very big feeling

4 I want my grown-up to know...

I feel _____ when _____

One thing that would help me is: _____

CALM-DOWN PLAN

What Helps My Feelings?

Use this page to plan what your child wants when feelings get big.

1 My calm-down choices

Pick one or two ideas to practice together. No need to use every option.

- [ ] Sit beside someone I trust
- [ ] Take slow breaths together
- [ ] Cuddle a stuffed animal
- [ ] Have a quiet place to reset
- [ ] Draw or color how I feel
- [ ] Stretch, walk, or move my body

2 What I need from my grown-up

- [ ] Listen without fixing everything
- [ ] Stay close and calm
- [ ] Give me a little space
- [ ] Offer two simple choices

Something else that helps:

Try saying: “I can see this is hard. I am here. We will figure it out together.”

It is okay to have big feelings. It is not okay to hurt yourself or someone else. Adults can set kind, firm safety limits.

3 Later, when we are calm...

What helped today?

What could we try next time?