

## \_\_\_\_\_’s Mental Health Check-In

1. How am I feeling today? (Circle one or more)

😊 Happy

😡 Angry

😞 Sad

😟 Worried

😬 Anxious

😴 Tired

😄 Excited

😬 Other: \_\_\_\_\_

2. What has been on my mind lately?

3. Who can I talk to if I need help?

4. Write or draw how you are feeling right now:

Remember: *It's okay to ask for help when you need it!*