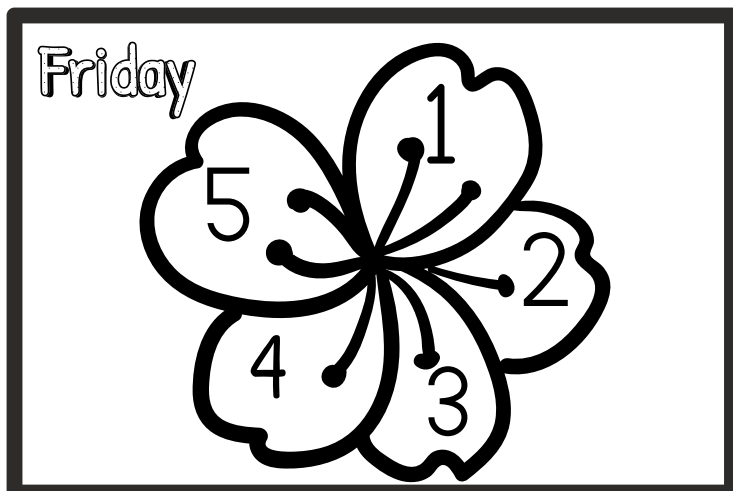
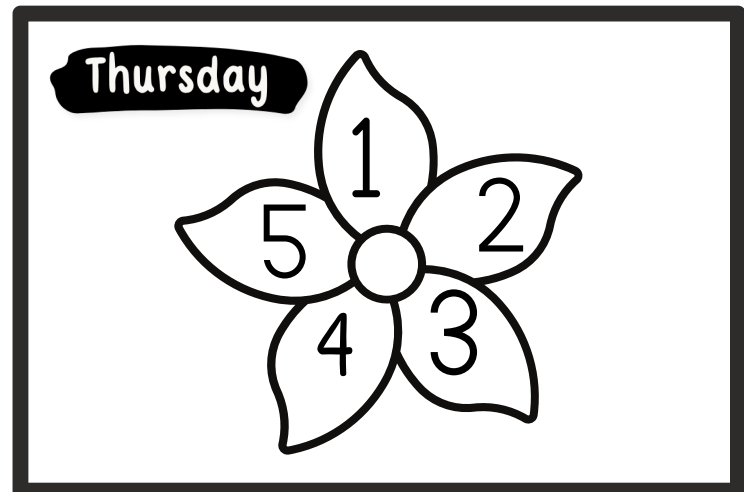
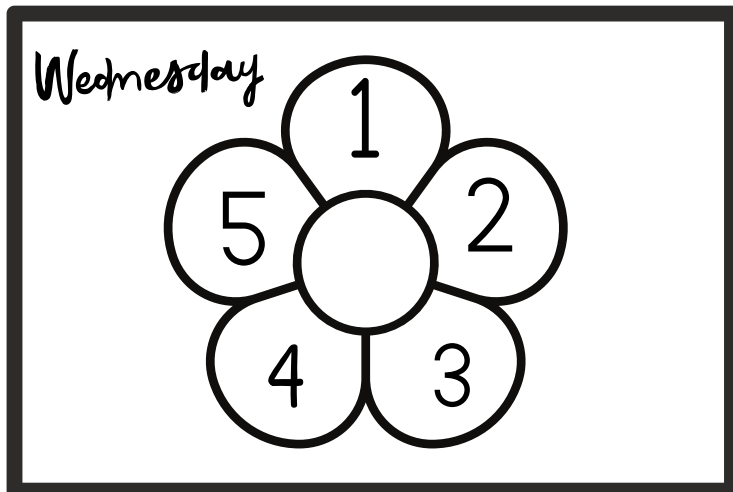
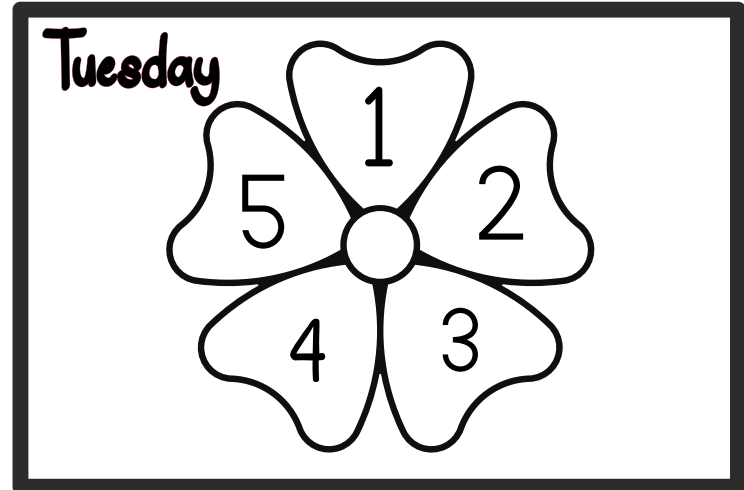
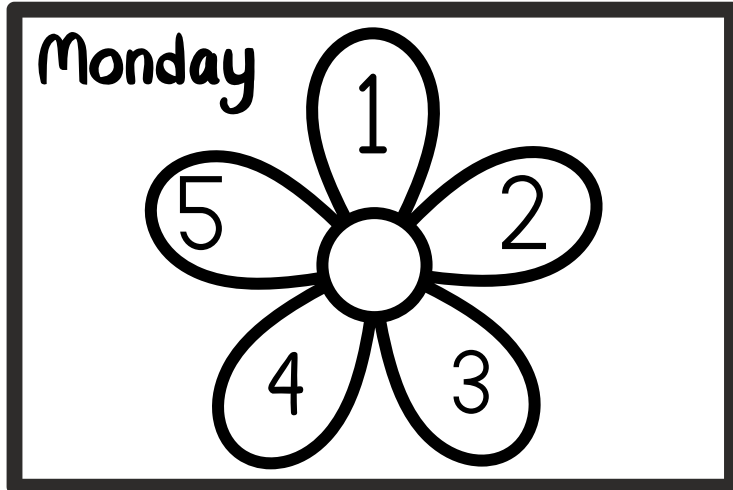


# Flower Emotion Check-In

Name: \_\_\_\_\_



Feelings chart

	happy
	excited
	calm
	sad
	worried
	tired
	angry

Times to colour

Petal 1: morning  
Petal 2: after break  
Petal 3: after lunch  
Petal 4: end of the school day  
Petal 5: after school, in the evening

**This check-in allows you to see how your feelings change throughout the day and over the week.**