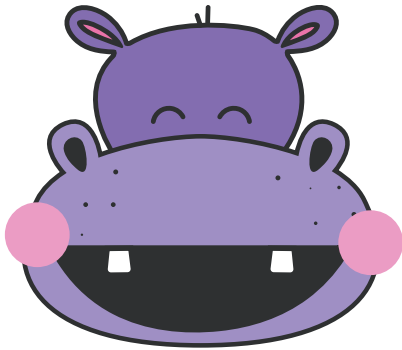
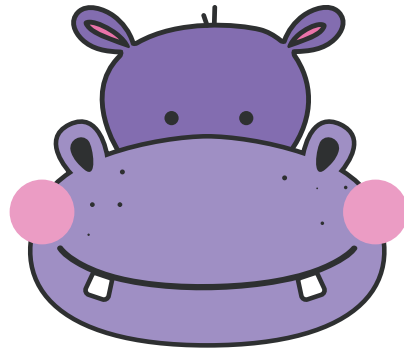


# Mental Health Check-In

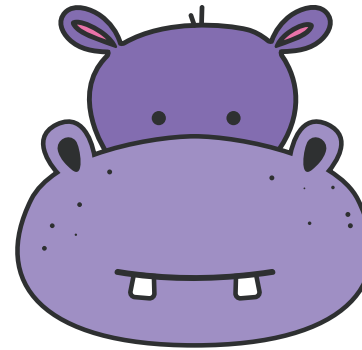
Circle the mood that best matches how you're feeling today.  
Explain why (use the back of the sheet for more space), then share your worksheet  
with a parent or trusted adult.



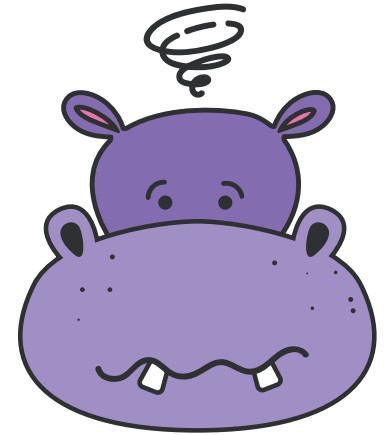
I feel amazing!



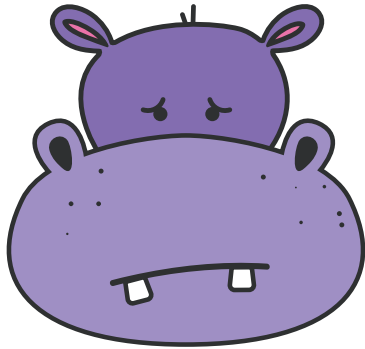
I feel pretty good!



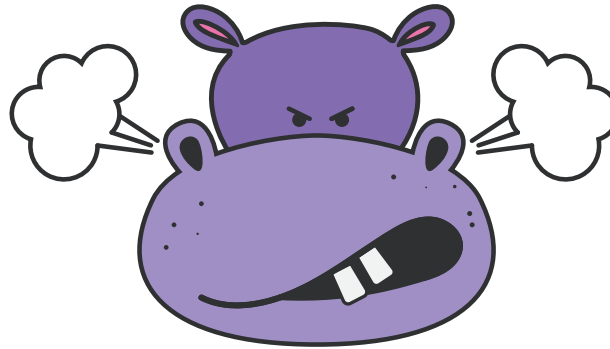
I'm just okay.



I feel stressed or worried.



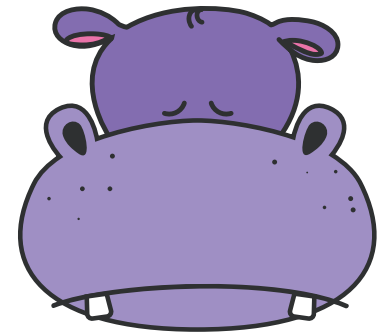
I'm down in the dumps.



I feel angry.



I'm having a hard time.



I really need some help.

What happened today? \_\_\_\_\_

What's making you feel this way? \_\_\_\_\_