

About: Helping students regulate their own feelings can be difficult. Just like any other skill, it takes practice. When students can identify their feelings/emotions and locate the root cause, students can do a better job of sharing that feeling with someone if needed and not act on emotions throughout the day.

Directions:

1. **Practice:** Complete the “Today I feel...” as a whole-group. Share what each feeling means with students.
2. **Go Further:** Complete the “Morning Check-In” as a whole group by taking the identified feeling(s) from “Today I feel...” to find reasons for the feeling(s), make a daily goal, and find something to look forward to.
3. **Support:** Use the information from students on how best to support them for the day.

Pro Tips:

1. **Create a poster** of the “Today I feel...” page.
2. **Place the poster** near the entrance to the classroom or work area.
3. **Greet students** in the morning and have them point to their feeling jar on the poster.
4. **When needed**, allow students with feelings that are concerning to complete the “Morning Check-In”.

Today I feel...

Color the jars according to how you feel today.



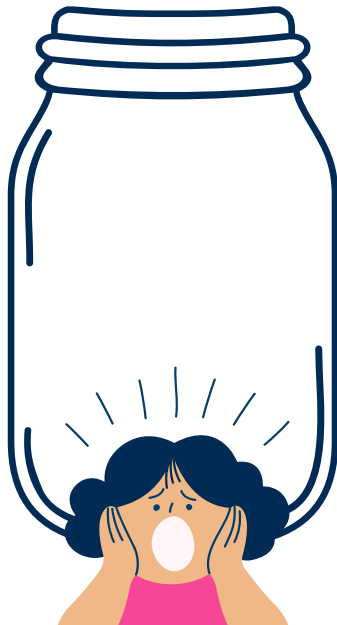
Happy



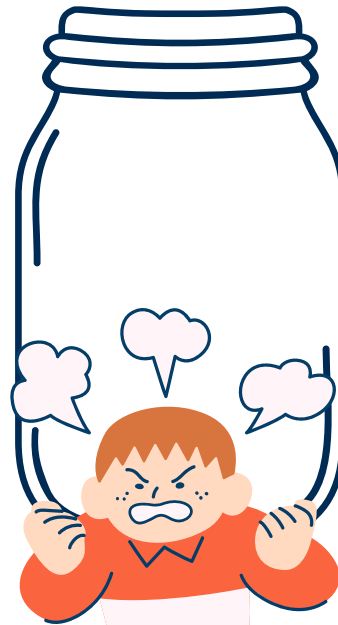
Anxious



Funny



Surprised



Angry

Morning Check-In



How I feel about today:

Happy Tired Hopeful Nervous
Focused Sad Frustrated Confident
Excited Angry Joyful Bored

Reason for my rating

Goal for Today:

Something I am looking forward to today: