

DAILY EMOTIONS CHECK-IN

Inspired by recommendations from Hillary Guest M.S., CCC-SLP, the prompts in this worksheet are useful to identify where your child is emotionally and help them connect their feelings to events in their daily life.

How are you feeling right now? (Circle one.)



Happy



Sad



Angry



Frustrated



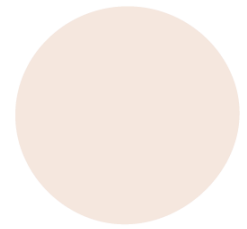
Worried



Hopeful



Discouraged



[Fill in emotion]

Why do you think you are feeling this way?

What happened today to make you feel this way?

What did you do when that happened?

What can you do if this happens again?