Classroom Feelings Check-In

BREEZE WITHIN
EXPLORE · UNDERSTAND · GROW

A weekly chart for teachers. Students point to or write the face that fits at the start of the day.

Class or grade: _____ Week of: _____

STUDENT	MON	TUE	WED	THU	FRI

FACE KEY  Happy  Sad  Mad  Scared  Surprised  Yucky

Tip: invite students who show Mad, Sad or Scared to try Balloon Breathing, then check in privately if the feeling stays.

Educational use only. Not therapy, diagnosis or medical advice. In a crisis call or text 988. Immediate danger: call 911.