

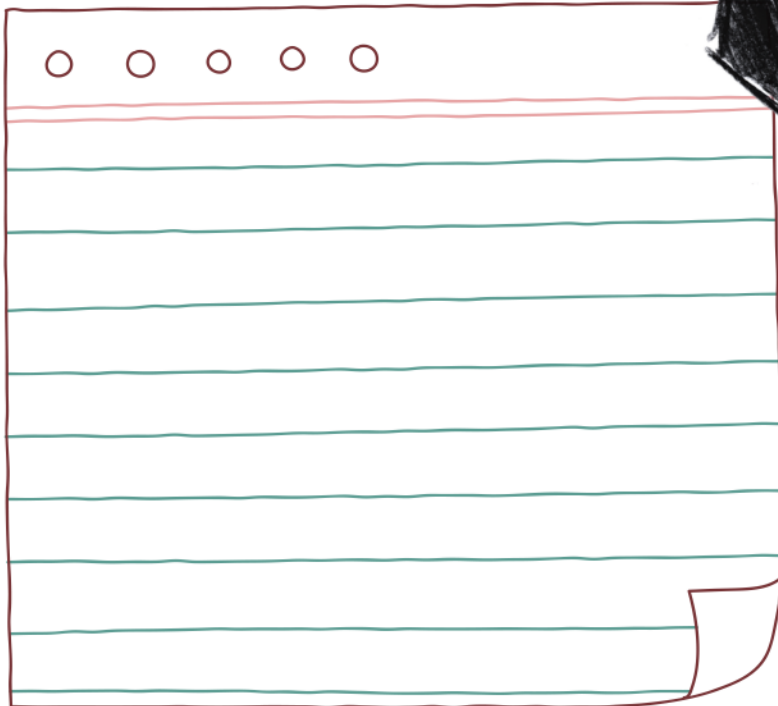
DAILY MINDFUL CHECK-IN

How I feel about today:

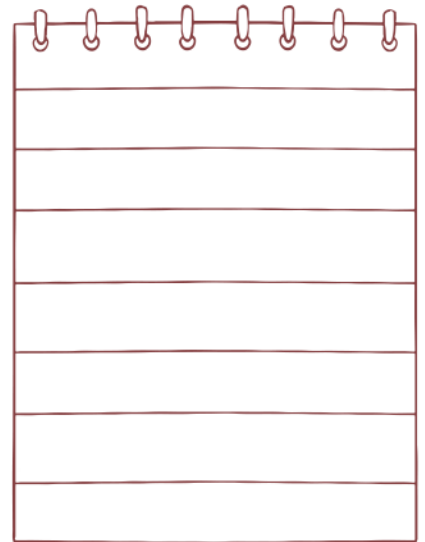
Happy Tired Hopeful Nervous
Focused Sad Frustrated Confident
Excited Angry Joyful Bored

Reason for my rating

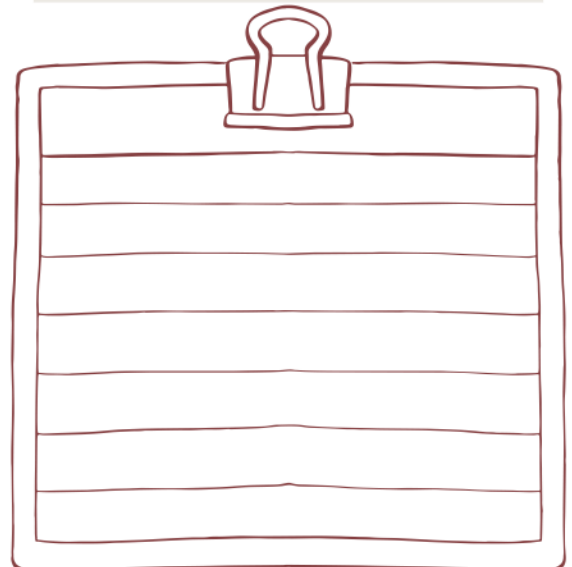
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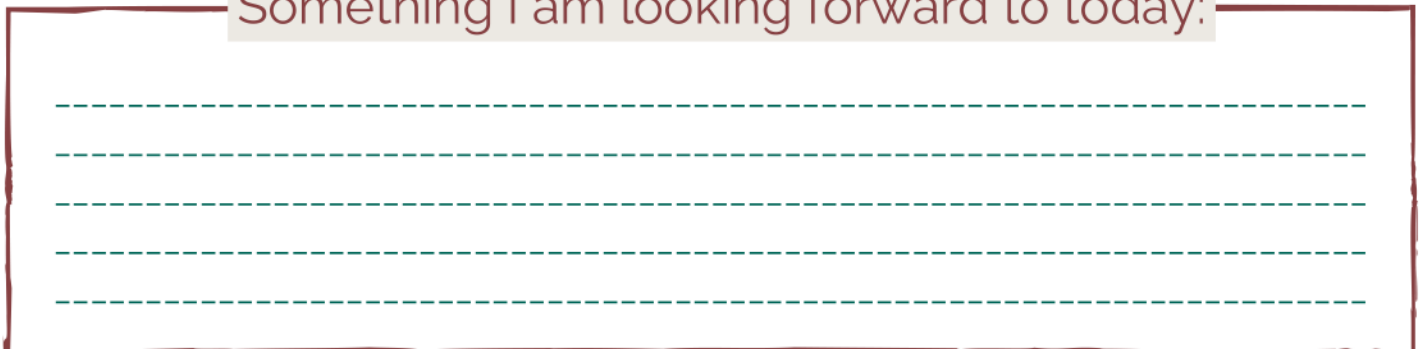
Worries, challenges or concerns:



Goal or plan for today:



Something I am looking forward to today:



EMOTIONAL REGULATION CHART

- List or draw things that trigger strong emotions and what you can do to calm down in those situations.
- Use this plan when you it to help self-regulate.

Feeling	Trigger	Plan


EMOTIONAL REGULATION & REFLECTION TICKETS

- Name the event that happened, this will help you figure out some of your triggers, select how you feel (or felt) in the moment, and what you can do about it if it happens again.
- Use these tickets when you have big feelings, or after a difficult experience.

EMOTIONS

What just happened?

How do I feel?



What can I do?

TICKET

EMOTIONS

What just happened?

How do I feel?



What can I do?

TICKET

IDENTIFYING TRIGGERS

- Check the box if the event makes you feel upset in any way.
- Review each one and try to identify the emotion it makes you feel using the feelings wheel.

☐ Someone says you did something wrong.

☐ Someone belittles you.

☐ You want something you cannot have.

☐ Someone shouts at you.

☐ You are told you can't do something right.

☐ Someone doesn't agree with you.

☐ You are unable to finish your task.

☐ You are feeling left out.

☐ There's too many people.

☐ There's too much noise.

☐ Someone is disturbing you.

☐ There's too much homework.

☐ There's too much housework.

☐ Someone criticizes you.

☐ Someone hurts you.

☐ Someone threatens you.

☐ _____

☐ _____

