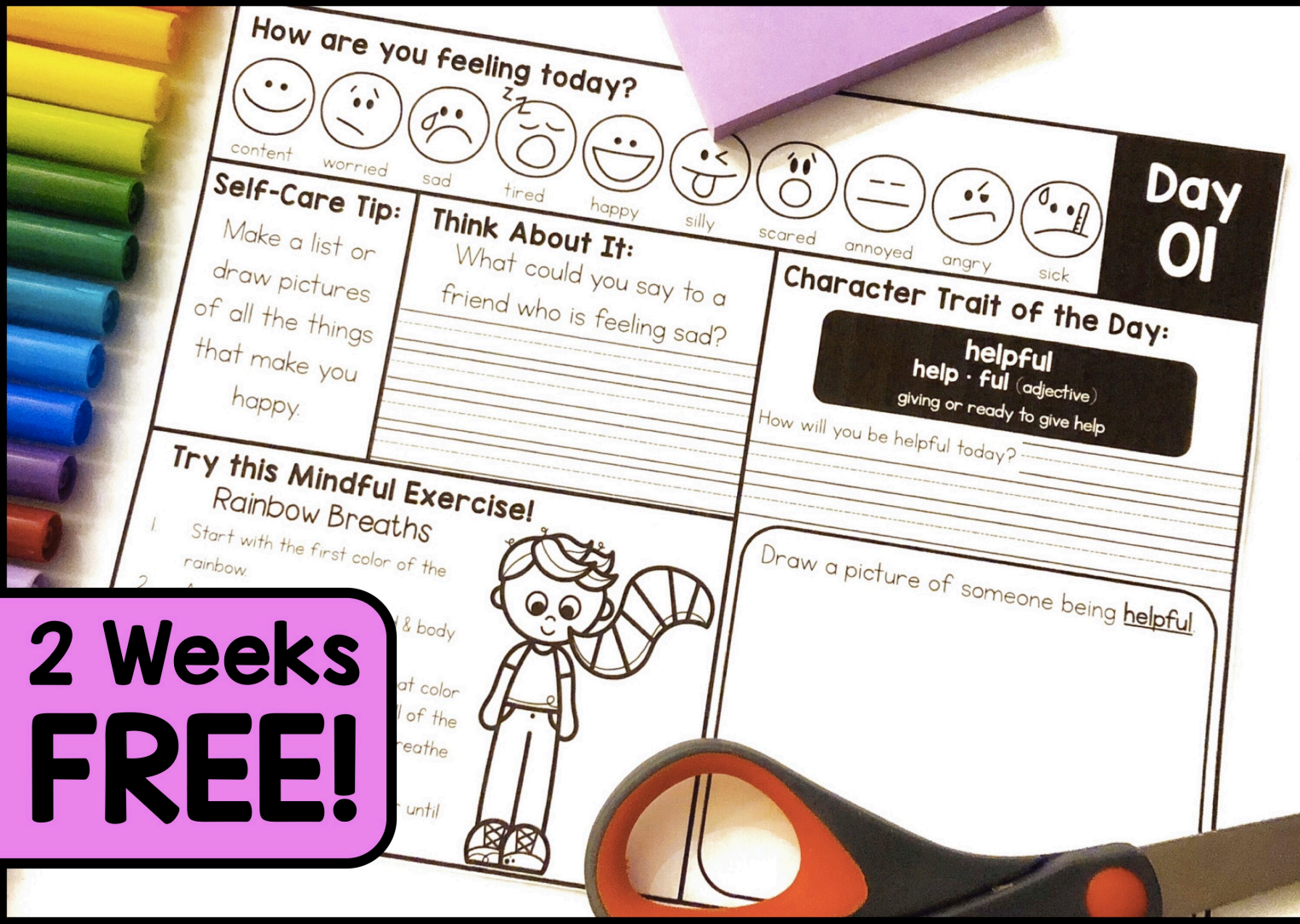
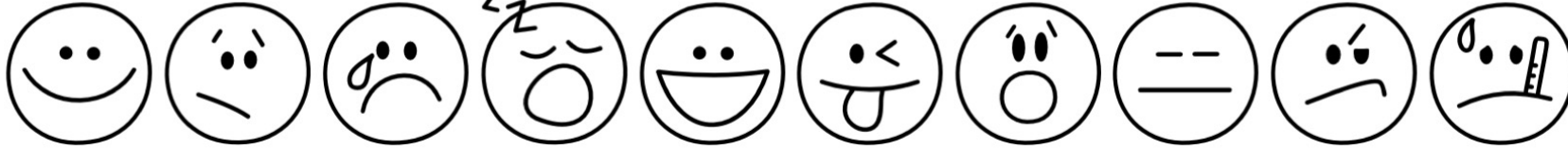


# Social Emotional Learning Daily Check-Ins



# How are you feeling today?



content    worried    sad    tired    happy    silly    scared    annoyed    angry    sick

# Day 01

## Self-Care Tip:

Make a list or draw pictures of all the things that make you happy.

## Think About It:

What could you say to a friend who is feeling sad?

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## Character Trait of the Day:

**helpful**  
help · ful (adjective)  
giving or ready to give help

How will you be helpful today?

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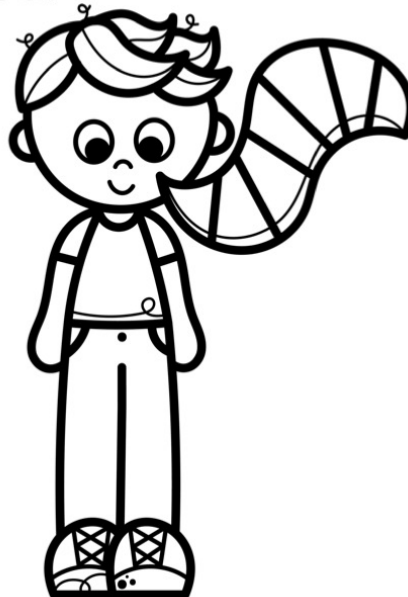
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## Try this Mindful Exercise!

### Rainbow Breaths

1. Start with the first color of the rainbow.
2. As you inhale, fill your mind & body with that color.
3. As you breath out, imagine that color leaving you and taking away all of the negativity as you prepare to breathe in a new color.
4. Repeat this with each new color until you get through the rainbow.



Draw a picture of someone being helpful.

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# How are you feeling today?



content



worried



sad



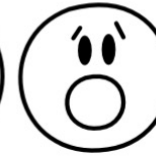
tired



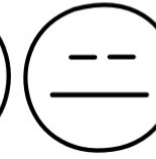
happy



silly



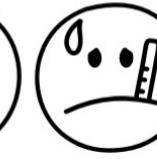
scared



annoyed



angry



sick

# Day 02

## Self-Care Tip:

Do 10 jumping jacks. Notice how your body feels after.

## Think About It:

What is one thing you love about yourself?

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## Character Trait of the Day:

**honest**

hon · est (adjective)

someone who tells the truth

How will you be honest today?

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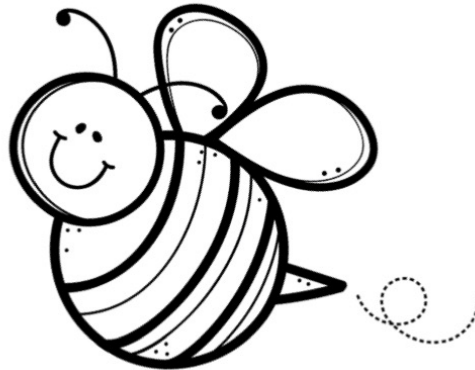
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## Try this Mindful Exercise!

### Bumble Bee Breaths

1. Take a big breath in.
2. As you breathe out, keep your mouth closed and making a humming sound with your mouth.
3. You will sound like a bumblebee! Repeat 5 times.



Draw a picture of someone being honest.

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# How are you feeling today?

# Day 03



content



worried



sad



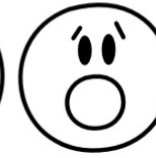
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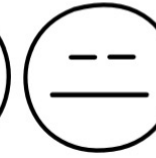
happy



silly



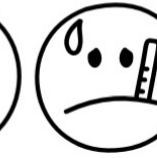
scared



annoyed



angry



sick

## Self-Care Tip:

Draw a picture of yourself.

Circle the parts you love most about yourself.

## Think About It:

What makes someone a good friend?

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## Character Trait of the Day:

**brave**

**brave** (adjective)

someone who is willing to do things that scare them

How will you be brave today?

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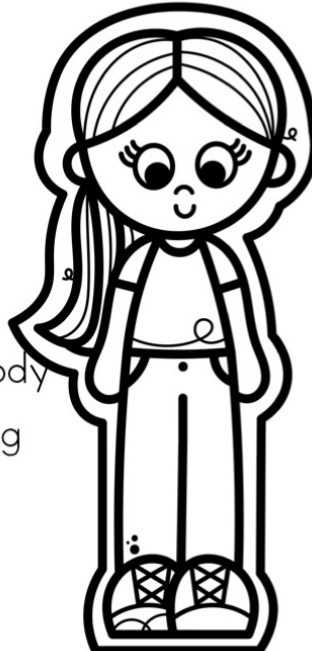
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## Try this Mindful Exercise!

### Body Scan

1. Lie down on your back with your body straight.
2. Take 3 deep breaths.
3. Starting at your toes, scan your body all the way up to your head, noticing how each part of your body feels.
4. After you get to your head, notice how your whole body feels.



Draw a picture of someone being brave.

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# How are you feeling today?



content



worried



sad



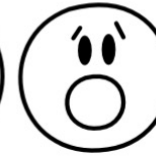
tired



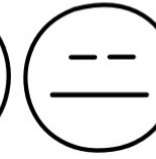
happy



silly



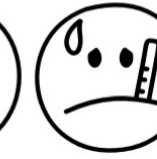
scared



annoyed



angry



sick

# Day 04

## Self-Care Tip:

Eat a healthy snack and drink a glass of water.

## Think About It:

What cheers you up when you feel upset?

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## Character Trait of the Day:

**responsible**

re · spon · si · ble (adjective)

doing the things you are expected to do

How will you be responsible today?

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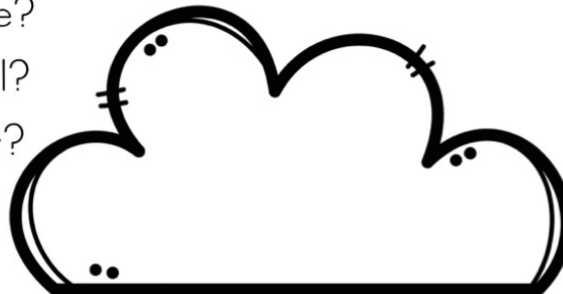
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## Try this Mindful Exercise!

### Floating on a Cloud

1. Imagine that you are floating on a cloud.
2. What would you see?
3. What would you feel?
4. What would you taste?
5. What would you smell?
6. What would you hear?



Draw a picture of someone being responsible.

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# How are you feeling today?



content



worried



sad



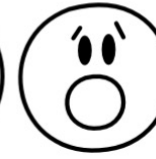
tired



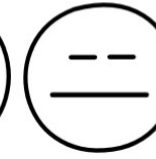
happy



silly



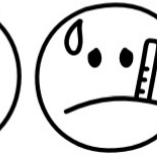
scared



annoyed



angry



sick

# Day 05

## Self-Care Tip:

Listen to your favorite song.  
Notice your mood after.

## Think About It:

What is something you wish you could do?

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## Character Trait of the Day:

**thoughtful**  
**thought · ful** (adjective)  
thinking about what other people want or need

How will you be thoughtful today?

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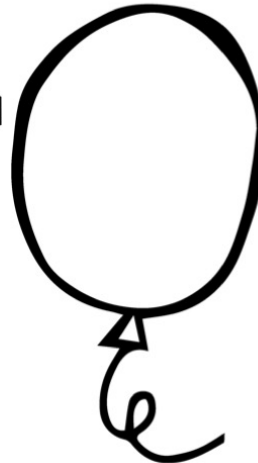
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## Try this Mindful Exercise!

### Balloon Breathing

1. Pretend you are blowing up a balloon.
2. Hold your hands in front of your mouth and blow breaths into the imaginary balloon.
3. Move them apart as your balloon gets bigger.
4. Keep them still as you take another breath in, and then blow more air into your balloon.
5. Keep going until your balloon is as big as it can be, then let the balloon go.



Draw a picture of someone being thoughtful.

# How are you feeling today?



content



worried



sad



tired



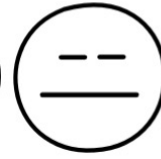
happy



silly



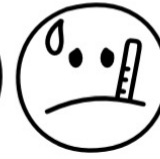
scared



annoyed



angry



sick

# Day 06

## Self-Care Tip:

Take 10 minutes of quiet time by yourself.

## Think About It:

What makes you a great friend?

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## Character Trait of the Day:

**kind**

**kind** (adjective)

a nice or loving person

How will you be kind today?

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## Try this Mindful Exercise!

### Belly Breaths

1. Lie flat on the floor.
2. Place your hands on your belly.
3. As you breathe in, notice your hands moving up with your stomach.
4. As you breathe out, notice your hands moving down.
5. Repeat, noticing how your belly moves up and down.



Draw a picture of someone being kind.

# How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

# Day 07

## Self-Care Tip:

Take a relaxing shower or bath.

## Think About It:

What is something you are afraid of? Why?

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## Character Trait of the Day:

**cheerful**  
**cheer · ful** (adjective)  
a person who is happy and brings cheer to others

How will you be cheerful today?

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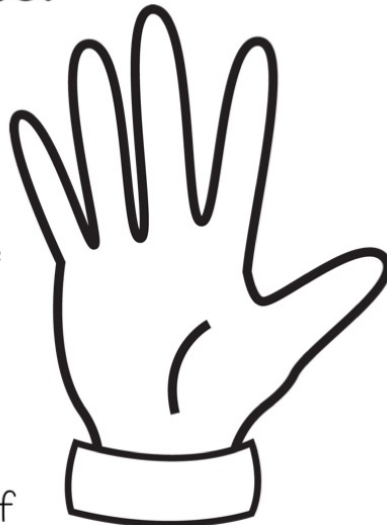
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## Try this Mindful Exercise!

Take 5

1. Place your hand in front of you.
2. Begin tracing your fingers.
3. As you go up one finger, breathe in.
4. Breathe out as you trace down that finger.
5. Repeat until you get to the end of your hand.



Draw a picture of someone being cheerful.



# How are you feeling today?



content



worried



sad



tired



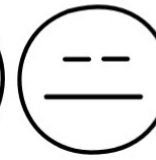
happy



silly



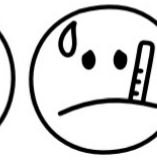
scared



annoyed



angry



sick

# Day 08

## Self-Care Tip:

Draw a picture of your favorite place.

## Think About It:

Who is someone that you admire? Why?

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## Character Trait of the Day:

**curious**

cur · i · ous (adjective)

wanting to learn new things

How will you be curious today?

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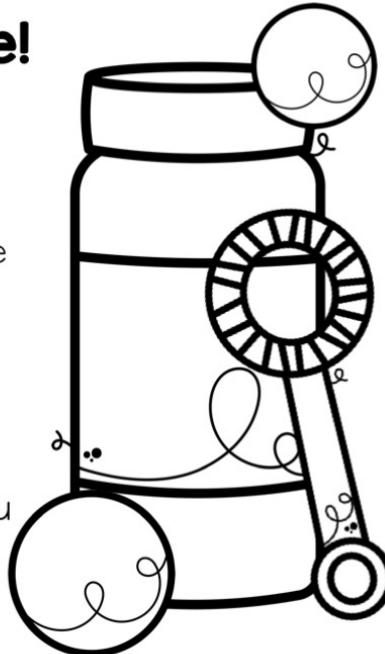
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## Try this Mindful Exercise!

### Bye Bye Bubbles

1. Put your troubles in a bubble and blow them away! Pretend you are blowing a bubble with a bubble wand.
2. As you blow out, release any worries or stressful thoughts you have.
3. Repeat.



Draw a picture of someone being curious.

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# How are you feeling today?



content



worried



sad



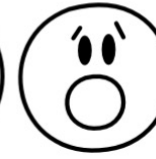
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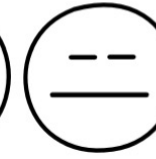
happy



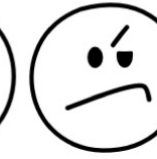
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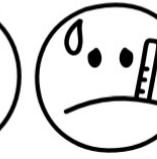
scared



annoyed



angry



sick

# Day 09

## Self-Care Tip:

Go for a walk with an adult.

## Think About It:

What is a problem you have solved before?

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## Character Trait of the Day:

**leader**

**lead · er** (adjective)

someone who leads or helps others

How will you be a leader today?

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## Try this Mindful Exercise!

### Gratitude Breaths

1. Take deep breaths.
2. As you breathe in, think about something you are grateful for.
3. Breathe out and fill your body with gratitude.
4. Repeat.



Draw a picture of someone being a leader.

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# How are you feeling today?



content



worried



sad



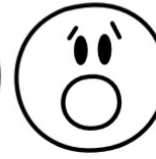
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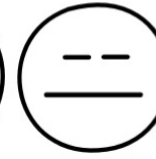
happy



silly



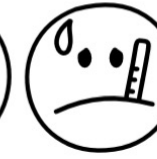
scared



annoyed



angry



sick

# Day 10

## Self-Care Tip:

Play a game  
or do a  
puzzle. Have  
fun!

## Think About It:

What is something you could  
get better at?

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## Character Trait of the Day:

**grateful**  
**grate · ful** (adjective)  
being thankful for all you have

How will you be grateful today? \_\_\_\_\_

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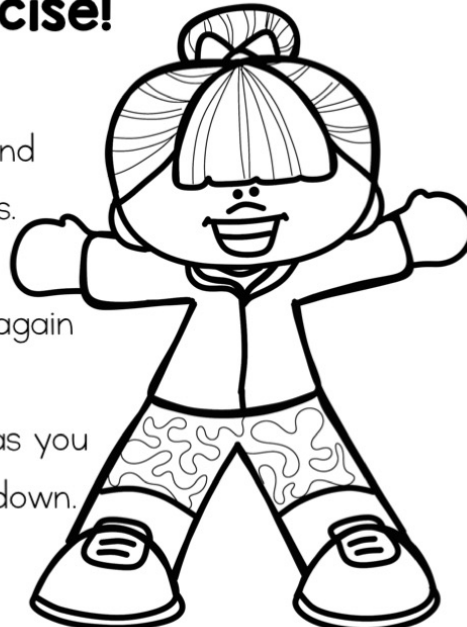
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## Try this Mindful Exercise!

### Heartbeat Jumps

1. Hold your hand on your heart and notice how your heartbeat feels.
2. Do 20 jumping jacks.
3. Place your hand on your heart again and notice how it changed.
4. Keep your hand on your heart as you feel your heartbeat slow back down.
5. Notice how you feel.







Draw a picture of someone being grateful.

Dear Teacher,

# THANK YOU!

The work you do is invaluable. You are changing lives. I want to thank you for the impact you are having on students. It means the world to me that you have chosen to use my resource in your classroom.

## CONNECT:

-  TheSocialEmotionalTeacher@gmail.com
-  @TheSocialEmotionalTeacher
-  The Social Emotional Teacher
-  www.thesocialemotionalteacher.com



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Emotional**  
Teacher

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