

HEALTH · GRADES 3–5

How Are You Feeling Today?

A short self-check for your mind and body

Tick whichever feels true today

- | | |
|---|---|
| <input type="checkbox"/> Calm | <input type="checkbox"/> Happy |
| <input type="checkbox"/> A bit nervous | <input type="checkbox"/> A bit sad |
| <input type="checkbox"/> Tired | <input type="checkbox"/> Restless / can't sit still |
| <input type="checkbox"/> Frustrated about something | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Worried about something | <input type="checkbox"/> Lonely |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Proud of myself |

What does my body feel?

Belly, head, shoulders, chest, hands. Anything tight, achy, or different? Write or draw what you notice.



What might help me right now?

A drink of water · a stretch · a quiet minute · talking to someone · a deep breath · a hug · a snack. Write your top 1–2.

If something is too big

If a feeling is really big or won't go away, tell a trusted adult — a parent, teacher, or school counselor. You never have to handle big feelings alone.

