

INSTRUCTIONS

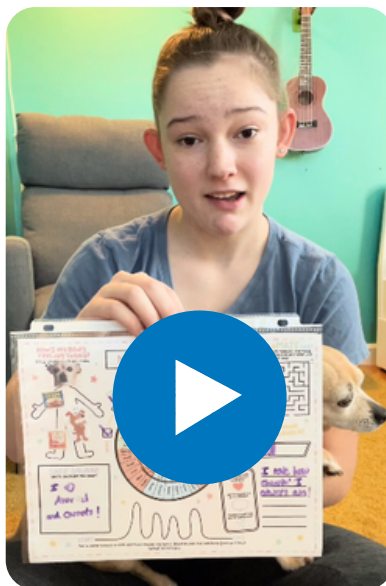
Self-awareness is a foundational social-emotional skill that helps us understand how we're feeling, why, and what we need to be at our best. By creating a daily check-in routine each day, kids can learn early to foster this important skill.

The Feelings Mat is a super fun and simple check-in that takes just a few minutes each day. Use it to organize, track moods and habits, and check in with your mind to improve overall happiness!

What You Will Need:

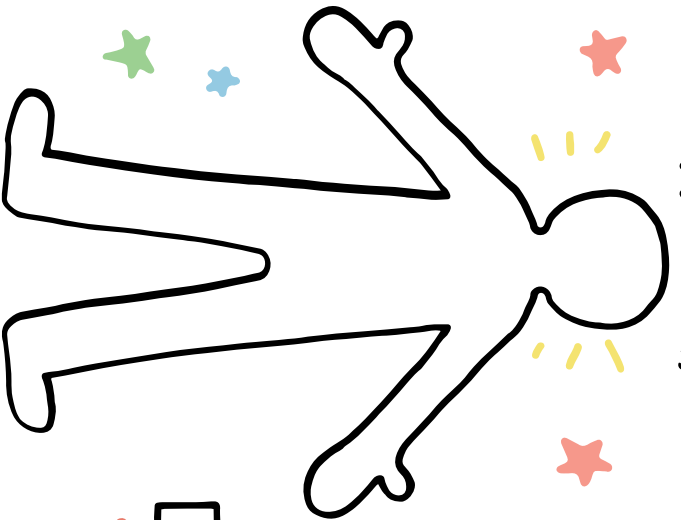
- Dry-erase marker or writing utensil
- Laminate or page protector (optional)

[Watch the video instructions here:](#)



GoZen.com

HOW'S MY BODY FEELING TODAY?
DRAW WHERE/WHAT YOU FEEL
IN YOUR BODY TODAY!



EATEN? ☐

SLEPT? ☐

Feel good!
Check-List
moved/ exercised? ☐

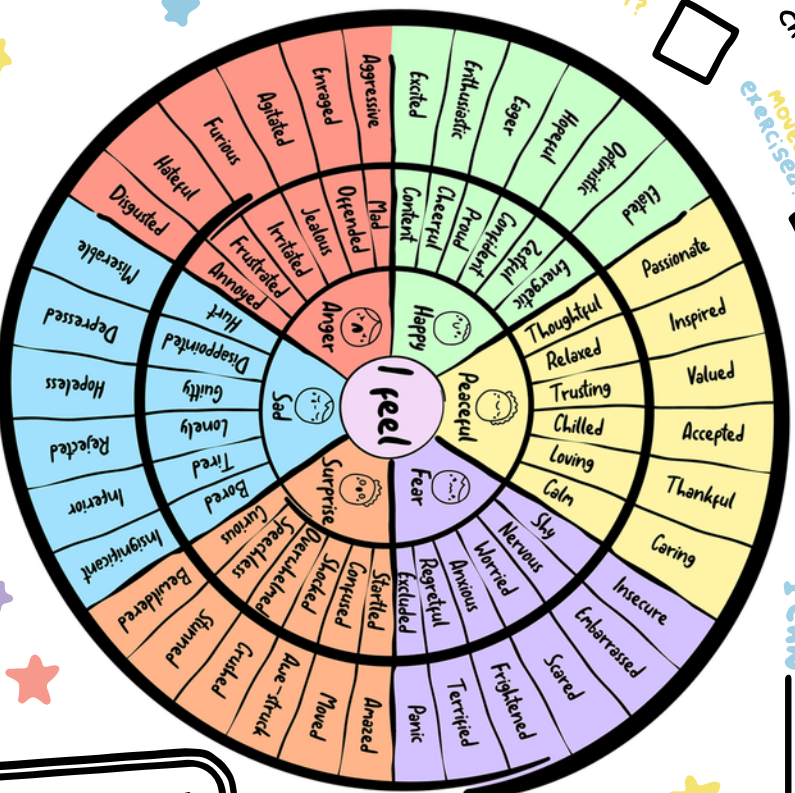
gone outside? ☐

MY DAILY CHECK-IN

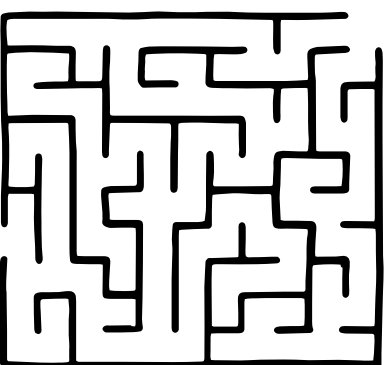
I AM _____

I will _____

I CAN _____



COLOR IN YOUR ENERGY LEVELS!



YOU ARE AMAZEing!
WEAVE YOUR WAY THROUGH THE MAZE
AND FILL IN YOUR POSITIVE AFFIRMATIONS
FOR THE DAY!

SAFE SQUARE
write anything you want!

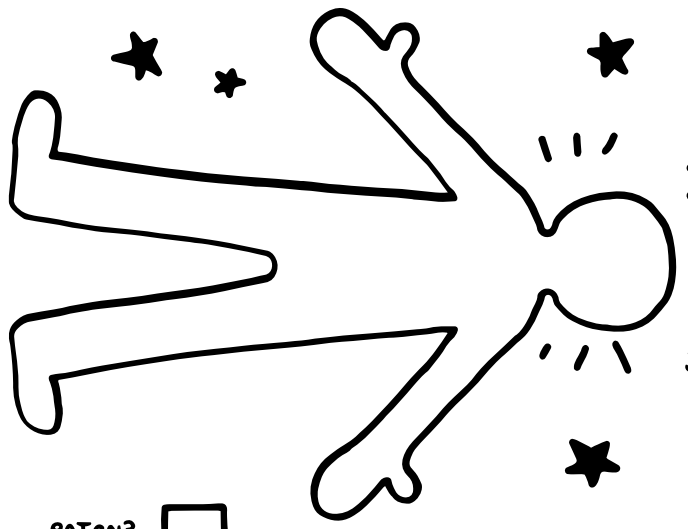
START

Take a minute to focus on your breath by tracing the peaks. Breathe in as the line rises & out as it falls. Repeat as needed.

END

write something you love about yourself
write yourself a nice comment
share something you're happy about

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DRAW WHERE/WHAT YOU FEEL IN YOUR BODY TODAY!



MY DAILY CHECK-IN

Feel good!
Check-List
moved/ exercised?

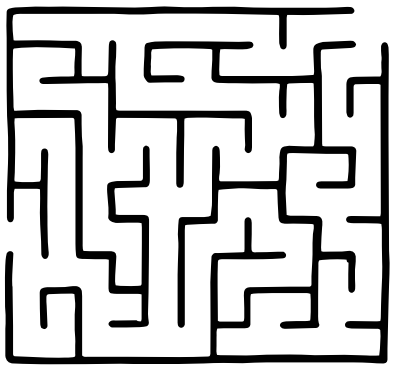
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gone outside?

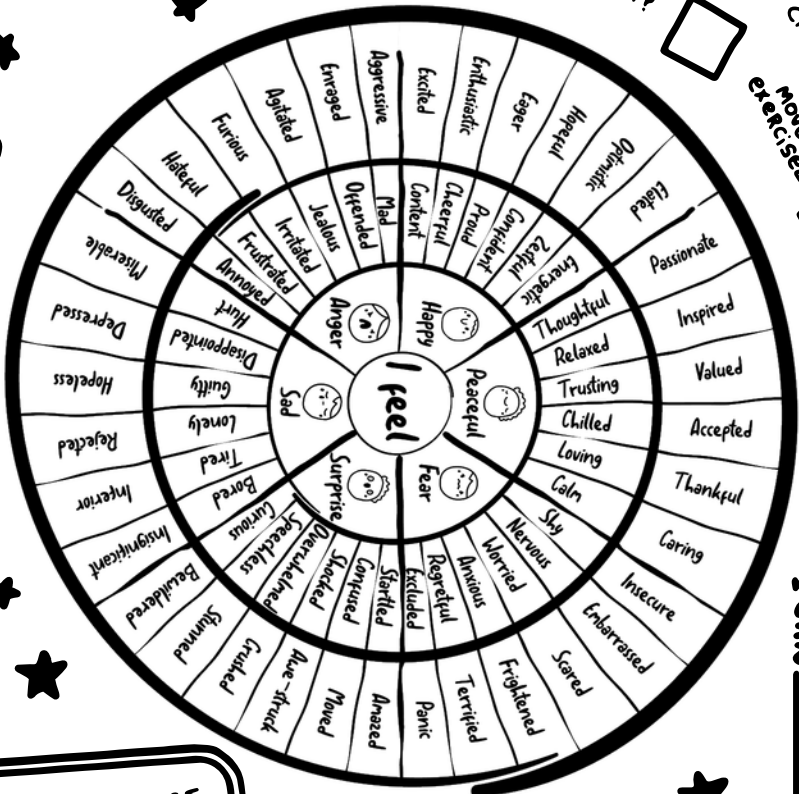
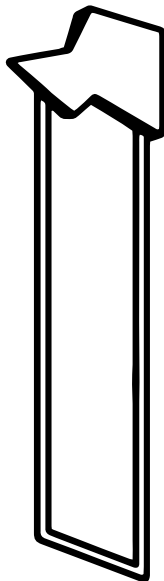
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I AM _____
I will _____
I CAN _____

YOU ARE AMAZING!
WEAVE YOUR WAY THROUGH THE MAZE AND FILL IN YOUR POSITIVE AFFIRMATIONS FOR THE DAY!



COLOR IN YOUR ENERGY LEVELS!



EATEN?

☐

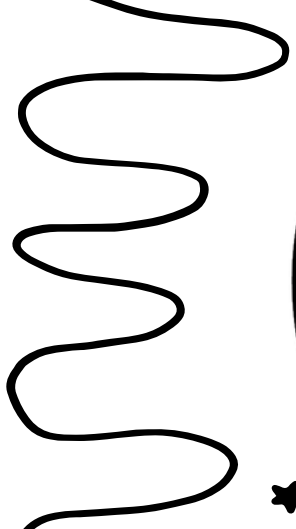
SLEPT?

☐

SAFE SQUARE
write anything you want!

START

TAKE A MINUTE TO FOCUS ON YOUR BREATH BY TRACING THE PEAKS. BREATHE IN AS THE LINE RISES & OUT AS IT FALLS. REPEAT AS NEEDED.



END

WRITE SOMETHING YOU LOVE ABOUT YOURSELF
WRITE YOURSELF A NICE COMMENT
SHARE SOMETHING YOU'RE HAPPY ABOUT
