

# Feelings Check-In



Mental Health

I am feeling:



Happy



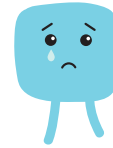
Sick



Scared



Worried



Sad



Angry



Confused



Frustrated



Nervous



Lonely



Confident



Fill in your feelings

I feel it in my:

head

neck/shoulders

arms/hands

heart

stomach

legs

The feeling is:



Small



Medium



Big

If my feelings are making me stressed,  
I can try these tricks to feel my best:

Green

- Smile
- Help a friend
- Dance party
- Use kind words

Yellow

- Take 3 deep breaths
- Ask for help
- Relax and try again
- Think of a happy place

Blue

- Get or give a hug
- Talk to friends or family
- Go outside
- Listen to music

Red

- Count to 10
- Tell an adult
- Take deep breaths
- Move your body

Let us help your family thrive

Therapy & medication management for ages 5-26

Certified coaching services for parents

All delivered by our pediatric mental health team

FOR MORE EXAMPLES OF COPING SKILLS OR TO MAKE AN APPOINTMENT...



...SCAN THE QR CODE

If your child has more intense feelings than usual and it's been happening daily for a few weeks, it may be time to seek professional help.