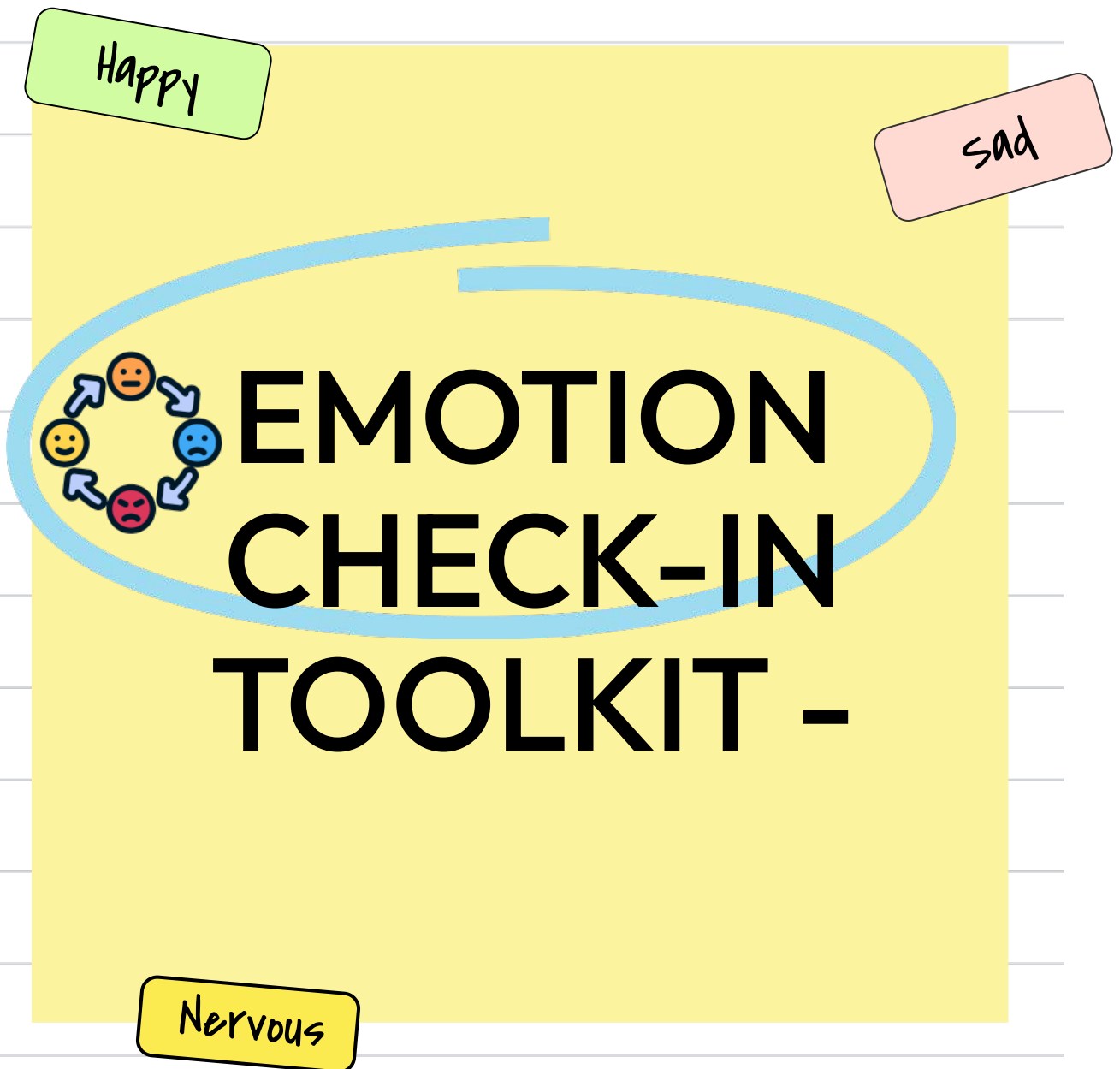


Author-Jeannie Perez

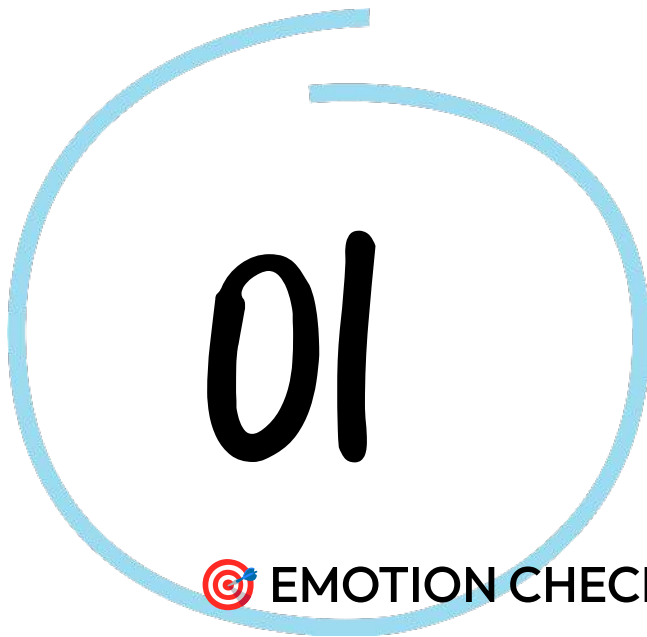
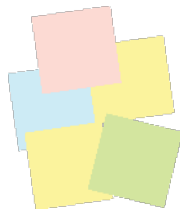


Title: How Are You Feeling Today? For ages: 5–13
Purpose: Help children name and express feelings before and after school

You're Not  alone

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 EMOTION CHECK-IN TOOLKIT



Tool #1: Morning Check-In Chart (Visual Slide or Printable)

Title: "Let's Check In Before School"



Choose the face that matches how you feel this morning:

Emoji/Face

Emotion

Follow-Up Prompt



Calm/Happy

"What's one thing you're looking forward to?"



Nervous/Uncertain

"Is there anything you'd like help with today?"



Sad

"Would a hug or some quiet time help?"



Angry/Frustrated

"Can you show me what happened using your words or pictures?"



"Would you like to use your calming tool today?"

Scared/Anxious



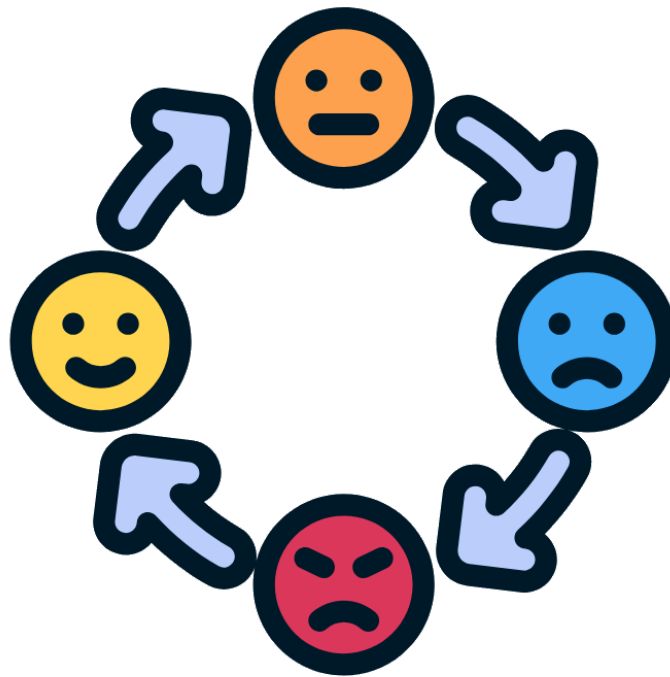
Tired/Drained

"Let's take a few deep breaths before we start."

✓ Tool #2: After-School Decompression Check (Visual Slide or Parent Prompt)

Title: "Let's Talk About Your Day"
Use one of these:

- 🧠 "What part of today felt safe? What part didn't?"
 - 🎨 "Can you draw or color how your day felt?"
 - 🖐️ "Show me with your hand — 1 is hard, 5 is awesome. What was your day?"
 - 💬 "Tell me one good thing and one hard thing about today."



✓ Tool #3: Pocket Emotion Cards (For Printing or Slide Set)

Mini cards kids can keep in their lunchbox or desk.

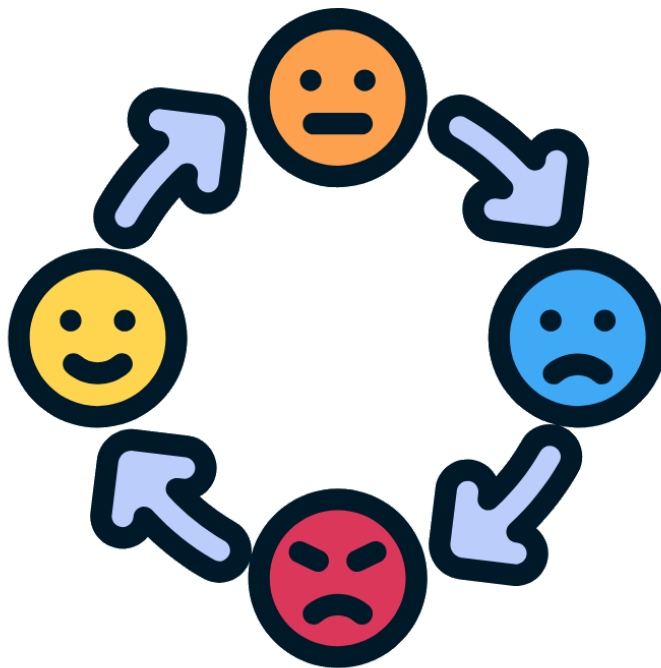
Front:

"I feel ____."

(Emotion visual – e.g., sad, excited, scared, angry)

Back:

- 🧘 "Take 5 deep breaths"
- 🖐️ "Squeeze your calming stone."
- 📞 "Ask your teacher for a break."
- 📖 "Write it down in your journal."





Tool #4: Weekly Emotion Tracker (Printable)

A coping suggestion:

Title: My Feelings This Week Layout: 7 columns (Mon–Sun) with emojis/faces
Let kids circle how they felt each day. Parents or counselors can check for patterns.



A Note From Our Heart to Yours

As the school year begins, I want to wish you and your child a season filled with safety, joy, and moments you'll both remember with love. Every new day is an opportunity for connection, for growth, and for reminding your child—and yourself—that you are enough.

There will be easy mornings and harder ones. There will be laughter and there may be tears. Through it all, please remember: you're not alone in this journey. Support is always within reach.



Schedule a Family or Child Support Session:

<https://yournotlonesession.youcanbook.me>

You're Not lone



Website: www.yournotalone.online



24/7 Support Line: (866) 907-4580



Email: support@yournotalone.online



Follow: @youarenotlone_ for weekly self-care support



With care,

Jeannie Perez

Author & Founder of You're Not lone