

Check-in

Feelings can build up during the day - like a jar filling up. This jar shows how you feel right now. Choose the colour that matches your feeling and colour part of the jar. You can use more than one colour if you have different feelings. Checking in with your feelings can help you understand yourself and notice when you may need help or a break.



Red - Angry

Yellow - Happy 

Orange - Excited

Blue - Sad

Purple - Worried

Green - Calm

Your own colours and feelings:

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