

MY MAGICAL EMOTIONAL CHECK-IN LADDER

You are brave!

Feelings are okay!



LEVEL 5: NEED A SAFE SPACE (The Starry Sanctuary)

My feelings are too big. My body needs quiet. I need an adult to keep me safe.

Right now, a safe space for me looks like:

LEVEL 4: OVERFLOWING! (The Volcano Top)



My body feels out of control. I need a break or help.

My feelings are overflowing because:

LEVEL 3: BIG FEELINGS BUILDING (The Stormy Cloud)



I feel big feelings. My body feels tight. I need help to calm down.

I feel stormy because:

LEVEL 2: A BIT WOBBLY (The Breezy Branches)



I feel a bit unsure. My body feels jumpy or fluttery. I need a little help.

I feel wobbly because:

LEVEL 1: CALM & READY (The Cozy Roots)



I feel calm and steady. My body feels relaxed. I am ready to play, learn, and listen.

I feel calm because:

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