

# Checking in...

## How are you feeling today?



Happy



Sad



Confident



Curious



Confused



Proud



Tired



Angry



Excited



Frustrated



Worried



Disappointed



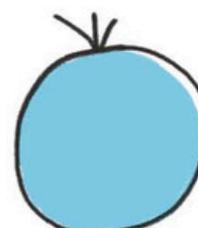
Calm



Grateful



Focused



## Now ask someone else...