

# Mental Health Check In

Date\_\_\_\_\_

How am I feeling?

What is contributing to this feeling?

3 things that could make  
it better?

What shape is this feeling?

3 biggest emotions this week?

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Triggers for those emotions

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3 things you feel good about right now

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3 Things I am looking forward to

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Mental Health Ranking for the week

1 2 3 4 5 6 7 8 9 10

# Math Worksheet Mental Health Tips Update

**M Planty**



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