

Emotional Check-In Questionnaire

Instructions:

Take a few moments to reflect and answer each question honestly. There are no right or wrong answers. This is your space to check in with yourself.

Part 1: How are you feeling today?

1. On a scale of 1–10, how would you rate your mood right now?
(1 = very low, 10 = excellent)
2. Which of these words best describe how you're feeling today? (Choose up to 3)
 - ☐ 😊 Happy
 - ☐ 😐 Okay
 - ☐ 😞 Sad
 - ☐ 😡 Angry
 - ☐ 😰 Anxious
 - ☐ 😫 Overwhelmed
 - ☐ 😴 Tired
 - ☐ 💪 Confident
 - ☐ 🤔 Confused
 - ☐ 🌈 Hopeful
3. What's been the biggest influence on how you feel today?
 - ☐ Something at school
 - ☐ Something at home
 - ☐ A relationship/friendship
 - ☐ How I feel about myself

- Something else (please describe): _____
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Part 2: Thinking deeper

4. Is there anything on your mind that's making it hard to focus or feel okay?
(Short answer space)
 5. What's one thing you've done recently that made you feel proud or good about yourself?
 6. Is there something you wish a teacher or adult understood about how you're feeling?
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Part 3: Support and strategies

7. When you're feeling stressed or low, what usually helps you feel better?
 - Talking to a friend
 - Listening to music
 - Exercise/sports
 - Writing or drawing
 - Time alone
 - Talking to a trusted adult
 - I'm not sure yet
8. Would you like to speak to someone about how you're feeling?
 - Yes, please
 - Maybe later
 - No, I'm okay right now

9. What's one small thing you could do today to take care of your mental or emotional wellbeing?

Final thoughts

10. Is there anything else you'd like to share or say right now?
(Optional space)