

☀️ Emotional Check-In Questionnaire for Key Stage 2 ☀️

Name: _____

Date: _____

1. How are you feeling today?

(You can tick more than one if you want!)

- 😊 Happy
 - 😞 Sad
 - 😡 Angry
 - 😟 Worried
 - 😴 Tired
 - 😄 Excited
 - 😐 Okay / Normal
 - 😕 Confused
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2. What made you feel this way?

(You can write or draw!)

3. Do you feel safe and comfortable at school?

- Yes, I feel safe.
- Sometimes I feel safe.
- No, I don't feel safe.

4. Is there something you want to talk about or get help with?

- Yes (please tell me what) _____
- No, I'm okay for now.

5. What helps you feel better when you are upset?

(Choose all that apply)

- Talking to a friend
- Talking to an adult
- Playing outside
- Listening to music
- Drawing or writing
- Taking deep breaths
- Other: _____

6. On a scale of 1 to 5, how happy do you feel today?

(1 = Not happy, 5 = Very happy)

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Thank you for sharing how you feel! 🌈