

Name _____

Write or draw things you can do when you decide to turn your MOOD around.

Feelings Check-in

When I feel bored,
instead of _____
_____,

I will _____
_____.

When I feel tired,
instead of _____
_____,

I will _____
_____.

When I feel grumpy,
instead of _____
_____,

I will _____
_____.

