

# Instructions and Feelings Check-In Chart

Duplicate and laminate these lists for each box

## Instructions:

This calming kit will help you calm yourself when you are feeling big emotions. It will help you return to your work as soon as possible.

1. Look at the "feelings check-in chart." In your head, decide which number fits how you feel now. Set the timer, if available.
2. Select an item from the box and move it around with your hands, look at it, and relax your mind and body. Continue playing with it until you feel calmer or until the timer signals your time is up.
3. Look at the "feelings check-in chart." In your head, decide which number fits how you feel now. Has the number changed?
4. Notice how you feel and rejoin the group.



## Feelings Check-In Chart

5 – I feel angry, anxious, or scared.

4 – I feel irritated or frustrated.

3 – I feel shy or worried.

2 – I feel good and calm.

1 – I feel sad or tired.



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