

Emotional "Check-ins"

1. How do I feel?

Energy	0	10
Stress	0	10
Sadness	0	10
Agitation	0	10

2. What are my needs?

- a. Peace (to calm my stress)
- b. Rest/ to slow down
- c. Manage my emotions
- d. Distraction
- e. Stimulation
- f. Fun
- g. Recenter
- h. Control
- i. Other:

3. What can I do?

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