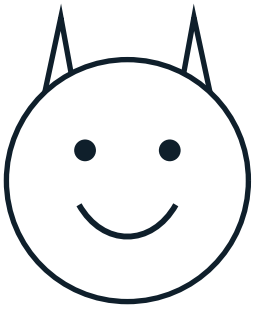
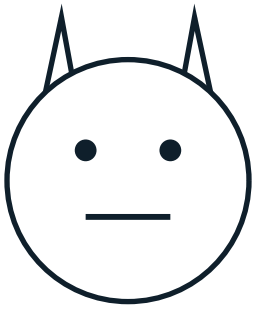
# Dragon Feelings Check-In

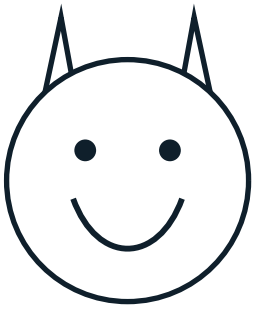
**Circle or colour the dragon that matches how you feel today**



**Happy**



**Calm**



**Excited**



**Worried**



**Sad**



**Big feelings**

**Today I feel:** _____

**One thing that would help me today:** _____

**A grown-up I can talk to:** _____

Name: _____ Date: _____



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