

CHECK IN CHART



SUCCESSFUL FAMILIES SUCCESSFUL KIDS

STEP 1:

- PAUSE AND TAKE A DEEP BREATH.
- WHAT DO YOU FEEL IN YOUR BODY?
- WHAT ARE THE THOUGHTS IN YOUR MIND?

There's no such thing as a bad emotion!

STEP 2: OWN IT (YOUR THOUGHTS, FEELINGS, EMOTIONS)



HAPPY
RELAXED
ENERGETIC
EXCITED

"I'm great"



HUNGRY
SAD
SCARED
ANGRY

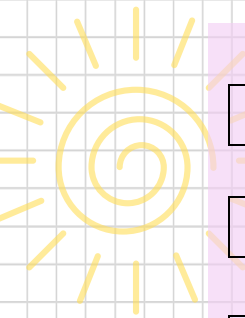
"I'm having a bad day"



TIRED
BORED
WORRIED

"I'm ok"

STEP 3: PICK A PRACTICE YOU ENJOY THAT MATCHES WHAT YOUR FEELING



CALM

ENERGIZE

CALMING PRACTICES

- Dragon Breathing
- Bumblebee Breathing
- Mountain Breathing
- Figure 8 Breathing
- Elephant Breathing
- Rainbow Breathing
- Lava Breathing
- Shoulder Roll Breathing
- Bunny Breathing
- 5, 4, 3, 2, 1 Grounding Technique
- Lemon Squeeze Contest Grounding Technique
- Butterfly Body Scan
- Slow, deep, focused Breathing
- Square Breathing
- Spaghetti Noodle Progressive Muscle Relaxation
- Mindful walk outdoors
- Mindful hearing, seeing, movement, eating,
- Imagine/visualize your favorite place
- Pinwheel Breathing
- Sing the alphabet slowly
- Take a cool drink of water
- Count as high as you can
- Squeeze my fists
- Doodle
- Journal

ENERGIZING PRACTICES

- Go for a run
- Stretches
- Yoga
- Pilates
- Dance
- Push ups
- Jumping Jacks
- Lunges
- Arm circles
- Crunches
- High Knees
- Move like an animal of your choice (ex: crab walk, bear crawl, kangaroo hop, frog jumps, dinosaur stomps)
- Lift weights
- Play hot lava
- Skip rope
- Practice different movement comparisons (calm position, vs. alert position)
- Clapping songs and games
- Tuck and roll
- Spin
- Rock, paper, scissors
- Shake out your wiggles

