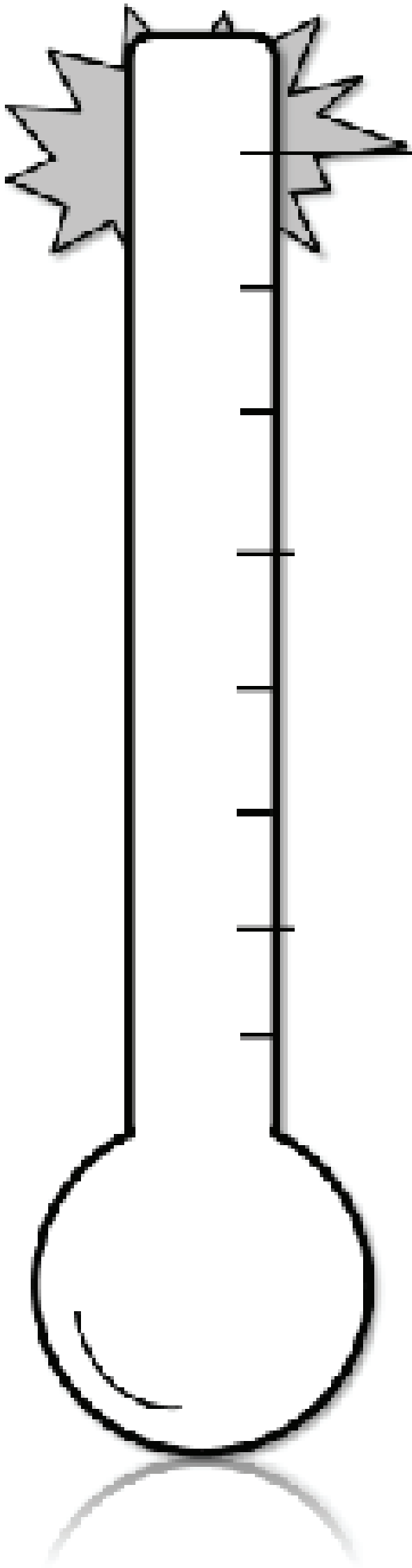


Energy Check-In



3 - Choppy Cheetah:
*hyper, angry, frustrated,
excited, stressed*

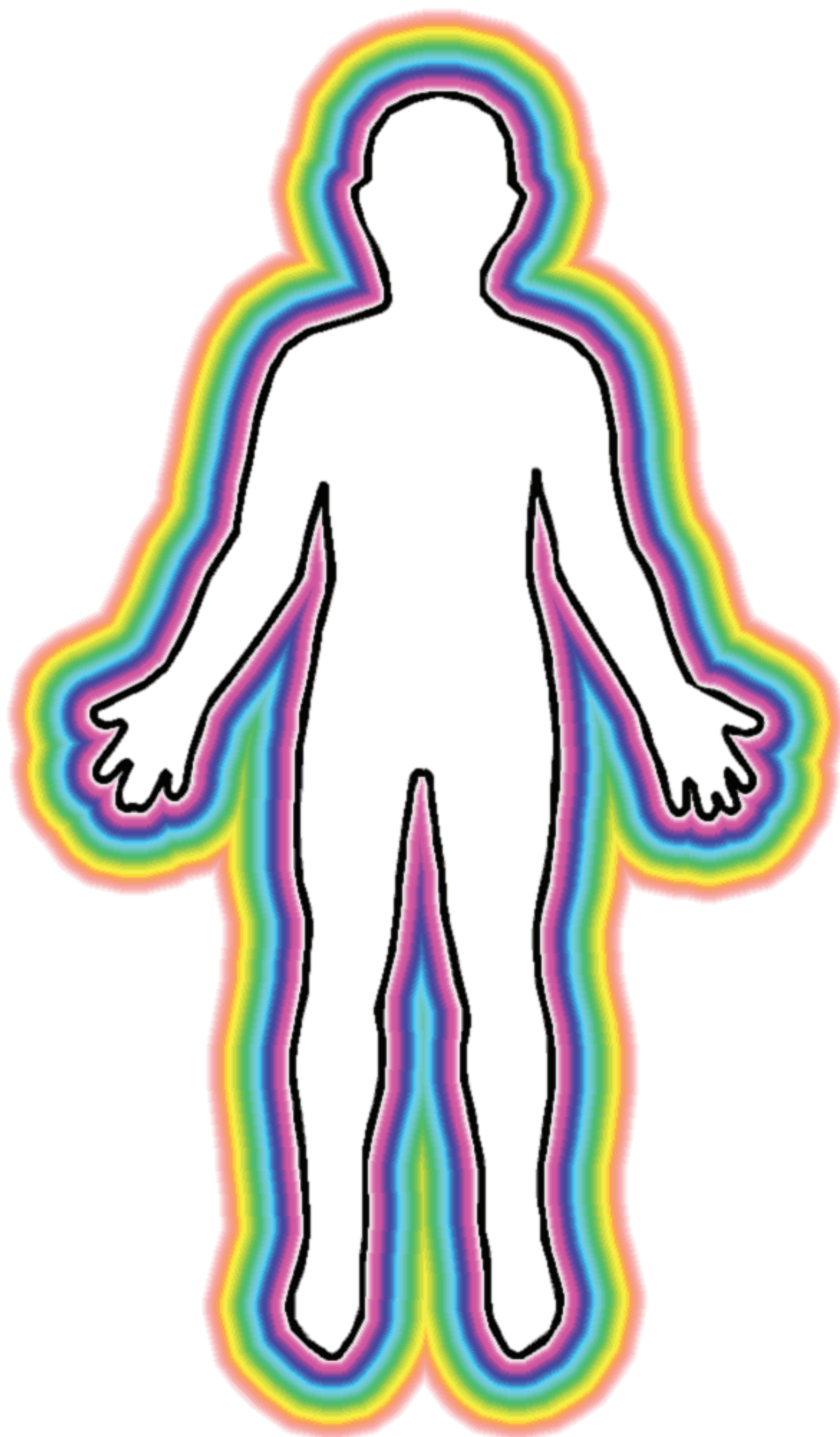


2 - Balanced Bear:
*at ease, productive, listening, learning,
getting along with peers, balanced*























1 - Sleepy Sloth:
*tired, sad, stressed, fearful,
lonely, confused*

How does my body feel?



I am feeling.....

Angry 	Happy 	Scared 	Excited 
Silly 	Confident 	Sad 	Calm 
Hopeless 	Worried 	Tired 	Lonely 
Embarrassed 	Annoyed 	Surprised 	Confused 
Grateful 	Shy 	Safe 	Other 

I am thinking.....

