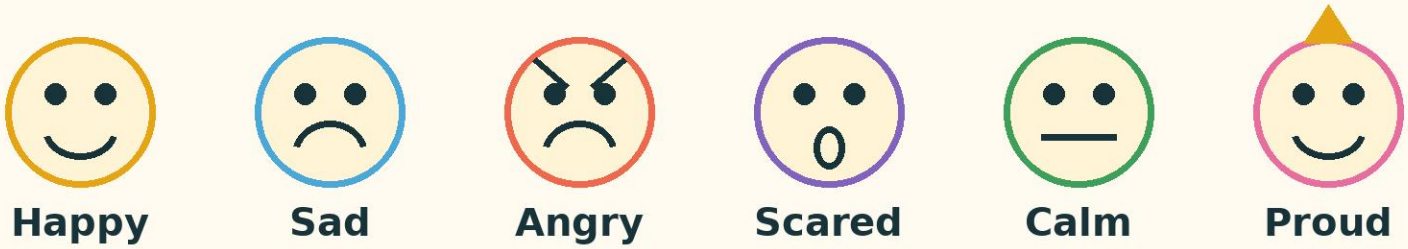
Romy's Feelings Check-In

Every day this week: how does your heart feel?

First, meet the feelings. Say each word out loud together:



Happy | Sad | Angry | Scared | Calm | Proud

Now, one row a day. Draw your feeling face in the circle.

Monday	◯	Today I felt: . . . . .
Tuesday	◯	Today I felt: . . . . .
Wednesday	◯	Today I felt: . . . . .
Thursday	◯	Today I felt: . . . . .
Friday	◯	Today I felt: . . . . .
Saturday	◯	Today I felt: . . . . .
Sunday	◯	Today I felt: . . . . .

Grown-ups write the word. Two choices help: "Happy or a bit sad?"

Romy's Calm Breathing

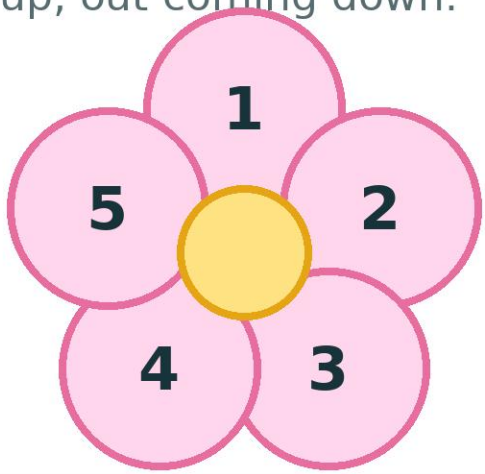
Three steps for a big-feeling moment

1 Name it

"I feel angry." Saying the word is the first step.

2 Breathe with the flower

Trace each petal slowly.
In going up, out coming down.



3 Choose a calm helper

A hug, a drink of water, or a quiet minute with a book.

Practise on calm days, so the steps are ready on hard ones.