

Mental Health Check In:

Directions: Grab a sticky note, write your name on the back, and place it next to the face that matches how you are feeling.

I'm great



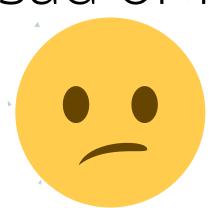
I'm good



I'm okay



I'm sad or mad



I'm sad or mad and need a check in

