

## PRE-SESSION CHECK-IN

NAME:

DATE:

1 How do you feel today?



VERY HAPPY



HAPPY



SAD



VERY SAD



ANGRY



DON'T KNOW

2 Did you wake up feeling happy?

3 How is school?

## POST-SESSION CHECK-IN

1 How do you feel after your Session?



VERY HAPPY



HAPPY



SAD



VERY SAD



ANGRY



DON'T KNOW

2 Did you enjoy your Session?

3 When would it feel good to come back for another Session?