

Check In With Your Balloon

Draw a picture of what happened that filled your balloon.

I FEEL...



angry



sad



embarrassed



worried



scared



hurt



listening



kindness

I NEED...



friendship



support

WILL YOU PLEASE...

Check In With Your Balloon

What happened that filled up your balloon?

Handwriting practice lines for the response to the question above.

I FEEL...

- mad
 - sad
 - lonely
 - scared
 - worried
 - nervous
 - _____
- furious
 - embarrassed
 - frustrated
 - hurt
 - upset
 - angry



I NEED...

- space
 - kindness
 - a chance
 - to play
 - to be included
 - to be safe
 - support
 - _____
- listening
 - fun
 - respect
 - friendship
 - hugs
 - compassion
 - peace

WILL YOU PLEASE...

Handwriting practice lines for the response to the question above.