

My Feelings Check-In

It's Okay to Ask for Help

Today I feel: happy / sad / worried / mad / tired / calm (circle one or more, or draw your own face).

When I have a big feeling, I can: tell a grown-up I trust; draw it; take slow breaths; play with a friend.

My trusted grown-ups: _____, _____, _____.

Remember: it's okay to ask for help.



psychlife.org/free/kevin-help/

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Educational content; not a substitute for care from your child's doctor or a mental health professional. If you're in crisis, call or text 988.

988 Suicide & Crisis Lifeline (U.S.): call or text 988, or chat at 988lifeline.org/chat. If there is immediate danger, call 911.