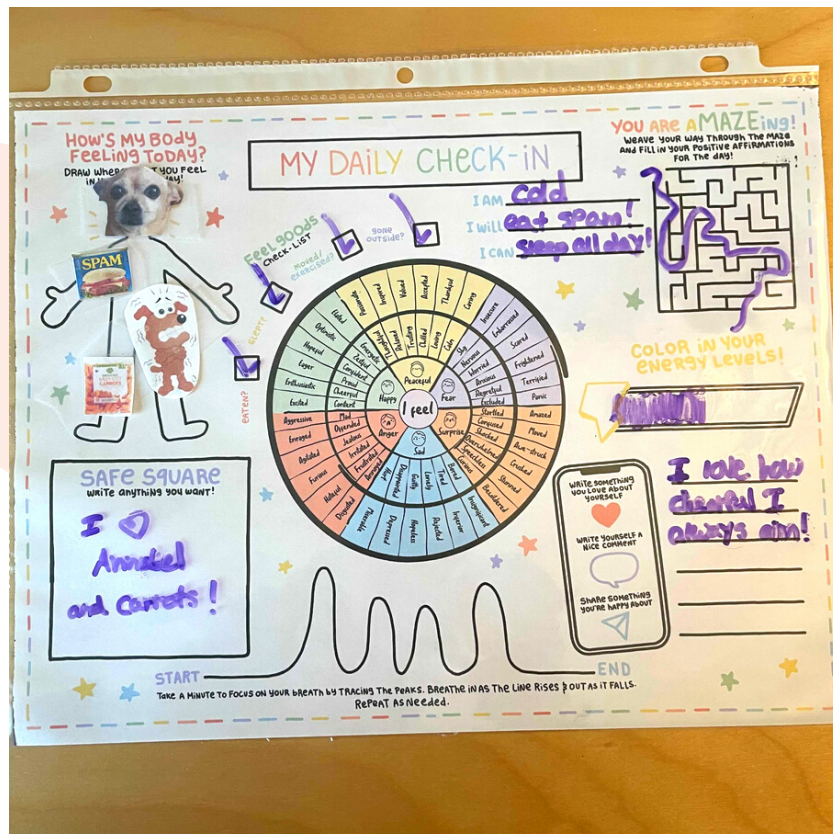




MINDCRAFT: FEELINGS MAT



INSTRUCTIONS

Self-awareness is a foundational social-emotional skill that helps us understand how we're feeling, why, and what we need to be at our best. By creating a daily check-in routine each day, kids can learn early to foster this important skill.

The Feelings Mat is a super fun and simple check-in that takes just a few minutes each day. Use it to organize, track moods and habits, and check in with your mind to improve overall happiness!

What You Will Need:

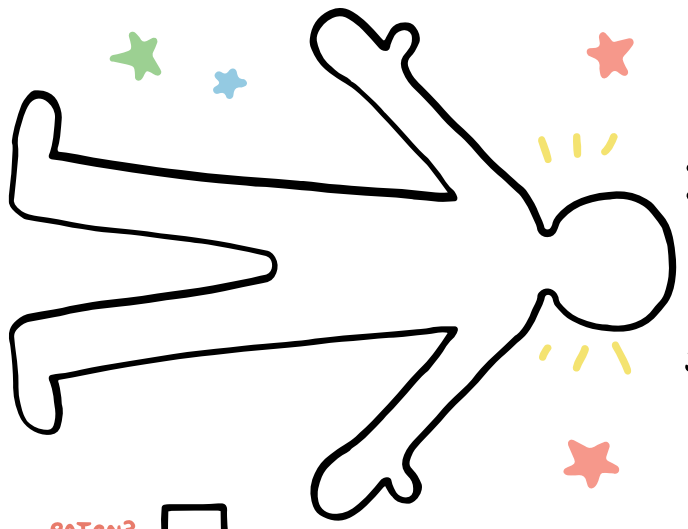
- Dry-erase marker or writing utensil
- Laminate or page protector (optional)

[Watch the video instructions here:](#)



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HOW'S MY BODY FEELING TODAY?
DRAW WHERE/WHAT YOU FEEL IN YOUR BODY TODAY!



MY DAILY CHECK-IN

Feel goods
Check-List

moved/exercised

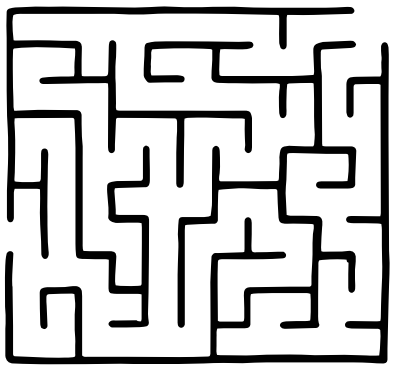
gone outside?

I CAN

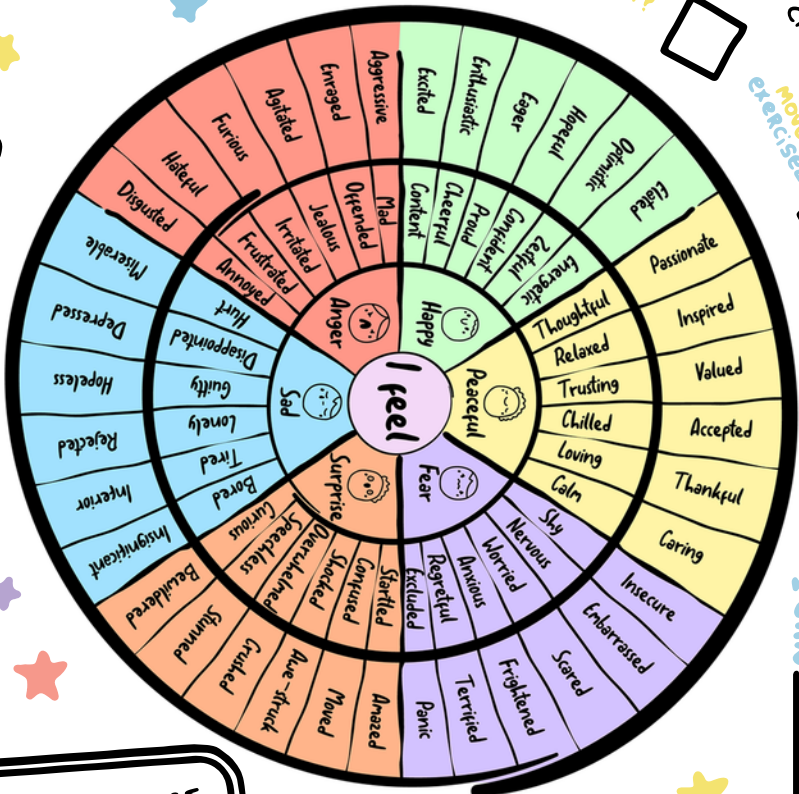
I WILL

I AM

YOU ARE AMAZING!
WEAVE YOUR WAY THROUGH THE MAZE AND FILL IN YOUR POSITIVE AFFIRMATIONS FOR THE DAY!



COLOR IN YOUR ENERGY LEVELS!



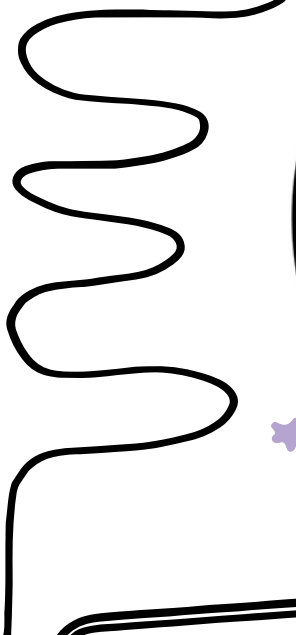
EATEN?

SLEPT?

SAFE SQUARE
WRITE ANYTHING YOU WANT!

START

TAKE A MINUTE TO FOCUS ON YOUR BREATH BY TRACING THE PEAKS. BREATHE IN AS THE LINE RISES & OUT AS IT FALLS. REPEAT AS NEEDED.



WRITE SOMETHING YOU LOVE ABOUT YOURSELF

WRITE YOURSELF A NICE COMMENT

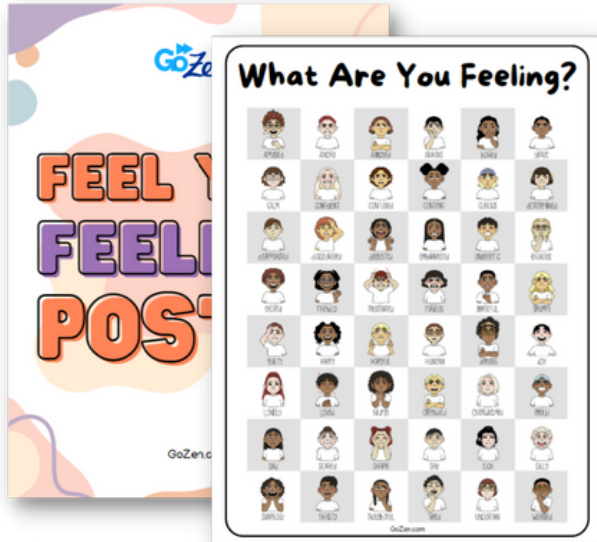
SHARE SOMETHING YOU'RE HAPPY ABOUT

END

MORE GREAT CONTENT INSIDE THE MEMBERSHIP AREA!

Feel Your Feelings Posters

MindCrafts: Paper Helicopters



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