

# COUNSELING

# CHECK-INS

Counseling tools you can use every session to open communication.

## How Do You Feel?



# About This Resource

Counseling check-ins are an effective way to start your sessions and build openness. This set of tools are easy to print and have ready for any session.

## **This resource will help you:**

Have a predictable start to sessions

Understand a students thoughts and feelings

Build trust and open communication

Learn about difficulties



# Feelings Check-Ins

3 different variations to help students identify how they are feeling

## How Do You Feel?



## How Do You Feel Today?



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I'm feeling

happy	meh	sad
silly	proud	angry
		<input type="text"/>
nervous	tired	other

Why are feeling this way?



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# Scaling

Scales can help a student understand how big or strong their feelings are.

weather

How are you feeling?

Sometimes our feelings can get big and overwhelming like a storm.



How full is your cup?

Sometimes our feelings can get big and overwhelming. They can feel like they are going to spill out of us.



overflowing cup









MY FEELINGS THERMOMETER



thermometer

# Goals

Students reflect on their progress, their strategies, what got in the way, and what to do now.

<b>TREASURE</b> What are you working towards? 	<b>MAP</b> What will help you reach your goal? 
<b>SHINE</b> What went well? 	<b>WEEDS</b> What got in the way? 
<b>TOOLS</b> What will help you get better? 	<b>GROW</b> How could you improve? 
<b>HIKE</b> What is your challenge? 	<b>MY PACK</b> What strategies can you use? 

# Reflection

These help students stop and think about their week or day. Great way to get information they may not have thought to share.

If you had a magic wand, what would you change about \_\_\_\_\_?

## AND THIS AWARD GOES TO

Think about your week. Give yourself an award for something you accomplished or tried.

### ROSE

Something great from this week.



### THORN

Something tough from this week.

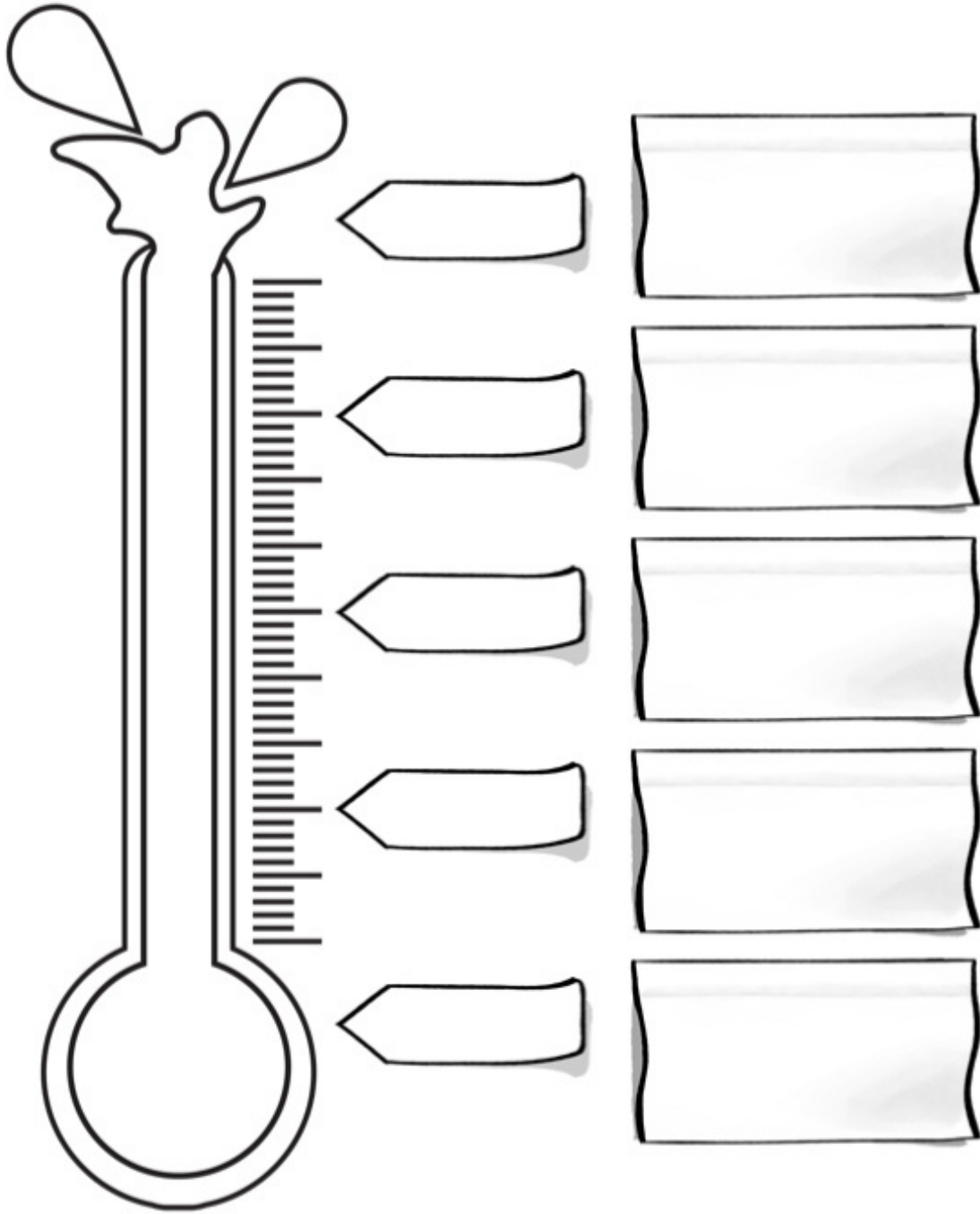


### BUD

Something you are looking forward to.

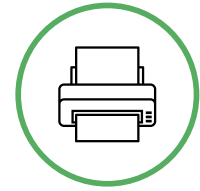


# MY FEELINGS THERMOMETER



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## DETAILS



Color and blackline



For grades 2 - 8



Perfect for individual and group counseling

# Counseling Check-Ins

Check-ins provide a consistent way for students to express themselves, allowing you to understand how they are feeling and what they are thinking. Starting your sessions with a quick check-in demonstrates care and gives you an opportunity to address any questions or concerns.





# COUNSELING BUILDING BLOCKS

Flexible resources you can use to build individualized and effective counseling sessions.

grab the counseling  
building blocks  
bundle and save



VIEW RESOURCES

# Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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