mooki WELLBEING

10-minute activity

Emoji Check-in

How are you feeling today?

Name _____ Date _____



Happy



Sad



Angry



Worried

Day 1

draw or colour your feeling

What made you feel this way?

Day 2

draw or colour your feeling

What made you feel this way?

Day 3

draw or colour your feeling

What made you feel this way?

FOR THE GROWN-UP

Point to a face, then draw or colour your feeling in the box.
Ask: “Did anything make you feel that way today?” Do it for 3 days.

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