

# Feelings Wheel Check-In Tracker

**STUDENT NAME** \_\_\_\_\_ **DATE RANGE** \_\_\_\_\_ **GRADE** \_\_\_\_\_

**HOW TO USE:** After using the Feelings Wheel app with a student, circle the identified feeling, record body sensations, notes, and actionable next steps.

**CHECK-IN 1** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Session type: \_\_\_\_\_

FEELING	SUB-FEELING	BODY SENSATION	NOTES	ACTIONABLE STEPS
<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Happy</div> <div style="background-color: #90EE90; padding: 2px 5px; border-radius: 5px;">Calm</div> <div style="background-color: #ADD8E6; padding: 2px 5px; border-radius: 5px;">Sad</div> <div style="background-color: #FF8C00; padding: 2px 5px; border-radius: 5px;">Angry</div> <div style="background-color: #DDA0DD; padding: 2px 5px; border-radius: 5px;">Scared</div> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Surprised</div> </div>				

**CHECK-IN 2** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Session type: \_\_\_\_\_

FEELING	SUB-FEELING	BODY SENSATION	NOTES	ACTIONABLE STEPS
<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Happy</div> <div style="background-color: #90EE90; padding: 2px 5px; border-radius: 5px;">Calm</div> <div style="background-color: #ADD8E6; padding: 2px 5px; border-radius: 5px;">Sad</div> <div style="background-color: #FF8C00; padding: 2px 5px; border-radius: 5px;">Angry</div> <div style="background-color: #DDA0DD; padding: 2px 5px; border-radius: 5px;">Scared</div> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Surprised</div> </div>				

**CHECK-IN 3** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Session type: \_\_\_\_\_

FEELING	SUB-FEELING	BODY SENSATION	NOTES	ACTIONABLE STEPS
<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Happy</div> <div style="background-color: #90EE90; padding: 2px 5px; border-radius: 5px;">Calm</div> <div style="background-color: #ADD8E6; padding: 2px 5px; border-radius: 5px;">Sad</div> <div style="background-color: #FF8C00; padding: 2px 5px; border-radius: 5px;">Angry</div> <div style="background-color: #DDA0DD; padding: 2px 5px; border-radius: 5px;">Scared</div> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Surprised</div> </div>				

**CHECK-IN 4** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Session type: \_\_\_\_\_

FEELING	SUB-FEELING	BODY SENSATION	NOTES	ACTIONABLE STEPS
<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Happy</div> <div style="background-color: #90EE90; padding: 2px 5px; border-radius: 5px;">Calm</div> <div style="background-color: #ADD8E6; padding: 2px 5px; border-radius: 5px;">Sad</div> <div style="background-color: #FF8C00; padding: 2px 5px; border-radius: 5px;">Angry</div> <div style="background-color: #DDA0DD; padding: 2px 5px; border-radius: 5px;">Scared</div> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Surprised</div> </div>				

**CHECK-IN 5** Date: \_\_\_\_\_ Time: \_\_\_\_\_ Session type: \_\_\_\_\_

FEELING	SUB-FEELING	BODY SENSATION	NOTES	ACTIONABLE STEPS
<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Happy</div> <div style="background-color: #90EE90; padding: 2px 5px; border-radius: 5px;">Calm</div> <div style="background-color: #ADD8E6; padding: 2px 5px; border-radius: 5px;">Sad</div> <div style="background-color: #FF8C00; padding: 2px 5px; border-radius: 5px;">Angry</div> <div style="background-color: #DDA0DD; padding: 2px 5px; border-radius: 5px;">Scared</div> <div style="background-color: #FFD700; padding: 2px 5px; border-radius: 5px;">Surprised</div> </div>				