





Social Skill Group Check-in

Feeling Words Looks like/Feels like

Your Name

5	Enraged, Meltdown	Kicking, Breaking things, Hitting, Throwing Things, Yelling, Spitting	
4	Stressed, upset, Frustrated	Louder voice, red face, faster breathing, tense muscles, headache	
3	Neutral, So-So. Fine, Okay	Slightly tense muscles, a bit tired, maybe a bit hungry, a few worried thoughts, but a few happy thoughts.	
2	Happy, Content, Calm	Small smile sometimes, feel relaxed, not hungry or not tired. Feel ready to learn, talk or play.	
1	Excited- VERY HAPPY	Body engine running fast, body has a lot of energy, brain is thinking fast. Excited to do really fun things	