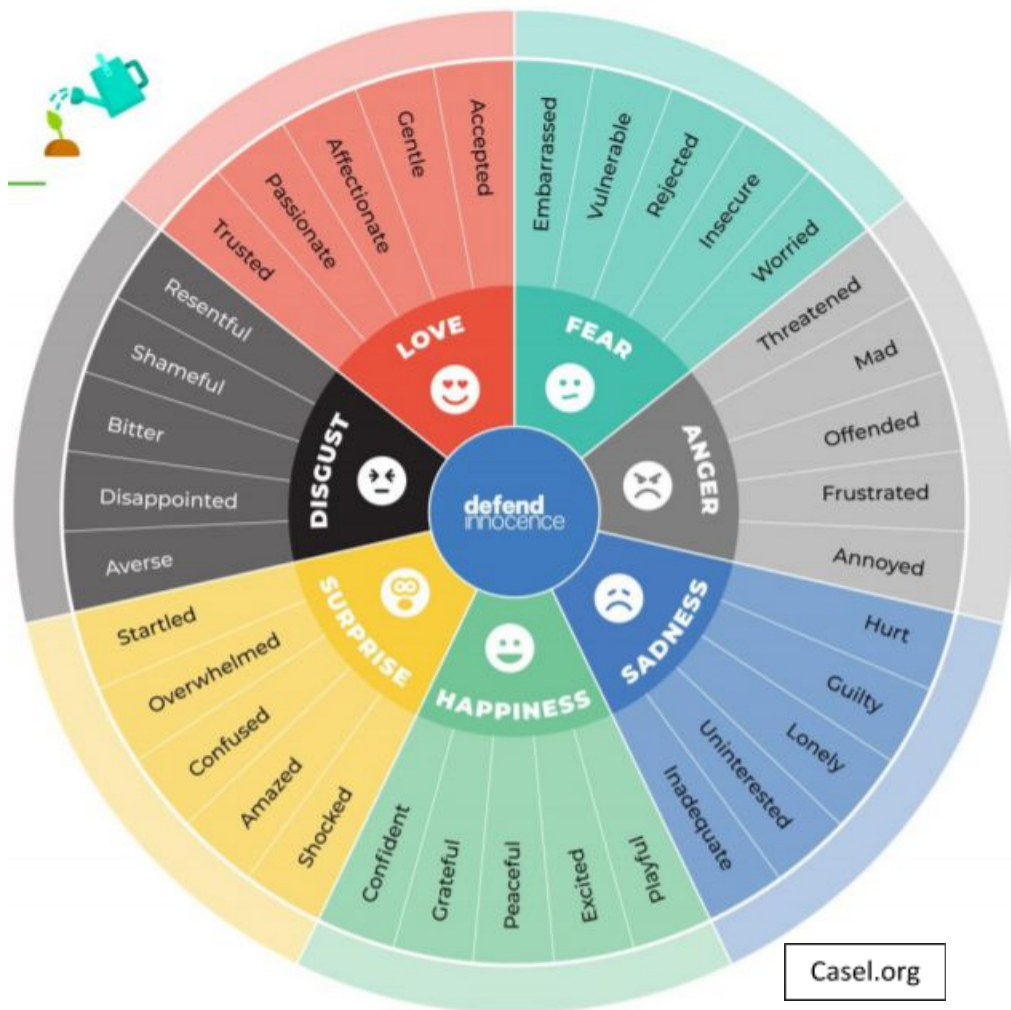




## Wellness Wednesday Check In – How are you feeling today?

**Narrator:** Below, is an image with various emotions. For today’s first assignment, look at the circle and choose 2 words that describe how YOU feel today. After each word, write 2 to 3 sentences explaining why you feel this way. Send this to your teacher!



How are you feeling?



1.  
Explain.

2.  
Explain.

**Narrator:** It is important for us to check in on family, friends, classmates and community members to see how they are feeling mentally and emotionally with all of the changes taking place in our community. People are not always comfortable asking for help so it is important that we reach out to others. Being a good citizen means taking care of each other, even when they didn't ask. Being a good citizen means taking care of each other even when we don't get anything back for it.

**Narrator:** For today's second assignment, think of two people you can call, email, text or Facetime

- Family
- Friends
- Classmates
- Community members/Neighbors

1. Remind them that this rule that we all have to stay at home is temporary. Temporary means that this is not going to be forever. Everything will go back to normal at some point!

2. Check -In with them. Show them the wheel and ask them to choose 2 words and tell you why! There are no right or wrong answers. The only thing that counts is participation!