

"How Do You Feel Today?"

School-Wide Activity Instructions

When students (and staff) arrive at school, they are invited to select the emoji with the emotion that best matches how they are feeling that morning and put it on the "How are you feeling today?" board.

This activity is a fantastic way to ask students to pause for a moment, check in with themselves, and respond to the question "How are you feeling today?" with more than just "Fine". After all, the first step in managing how you're feeling is to first identify exactly what it is you're feeling.

Additional idea: print emojis on sticker page.

