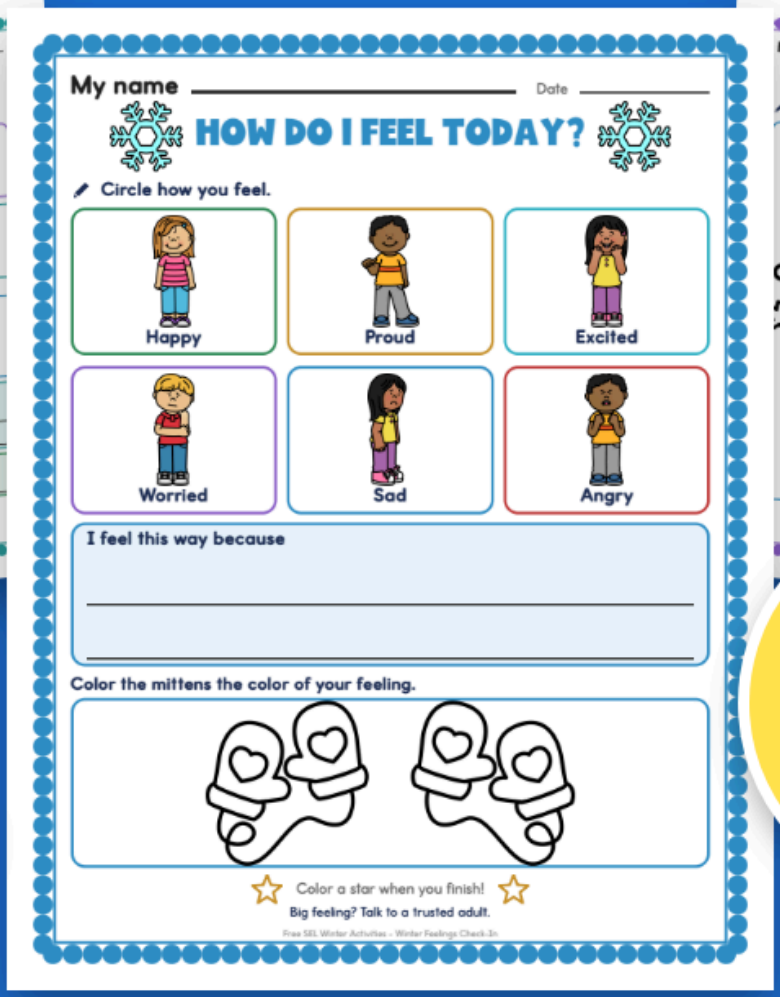
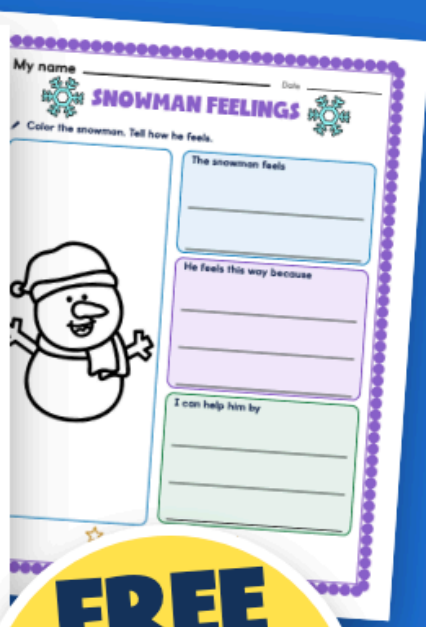
FREE SEL
WINTER ACTIVITIES

Feelings Check-In · Calm Strategy · K-3









FREE
8 STUDENT PAGES

Bright Path Sped

Terms of Use

Please read before you print your first page.

One classroom, free

- This free file is for one teacher, counselor or therapist and the students they work with.
- Please do not sell it, post it online, or share the file itself. Send other teachers to the product page instead.

This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- Every name line, writing line and writing box on the student pages is a type-in field. You can also print any page and write by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit. The pages are made to print in color or in black and white. The mittens and the snowman on their pages are line art to color in.

These pages hold a student's words

Keep filled-in pages where your school keeps student work, and follow its own rules for what is written down and what goes home. These pages are working paper. They leave every decision to you.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page. Every question is read, and a fix ships as a free update.

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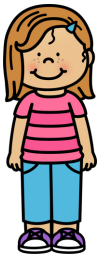
PREVIEW

Preview - Bright Path Sped

My name _____ Date _____

HOW DO I FEEL TODAY?

Circle how you feel.



Happy



Proud



Excited



Worried



Sad



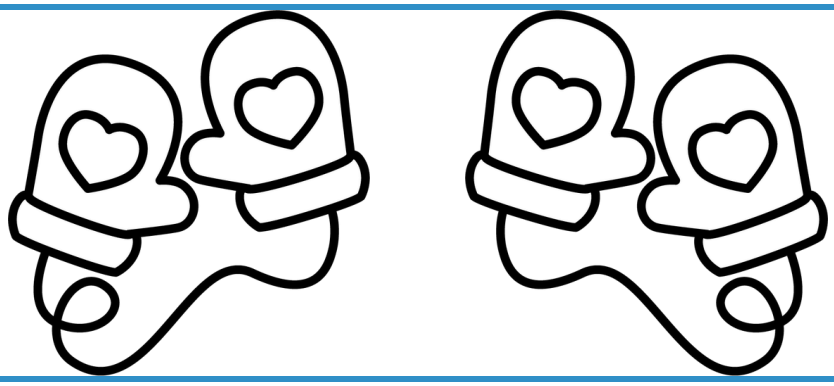
Angry

I feel this way because

_____

_____

Color the mittens the color of your feeling.



Color a star when you finish!

Big feeling? Talk to a trusted adult.

PREVIEW

Preview - Bright Path Sped

My name _____ Date _____

SNOWY DAY FEELINGS

Color each snow level.

5 Blizzard
A giant feeling



4 Snowstorm
A big feeling



3 Snowfall
A medium feeling



2 Light snow
A small feeling



1 A few flakes
A tiny feeling



A few flakes feels like

_____

_____

Snowfall feels like

_____

_____

Blizzard feels like

_____

_____

Today my feeling is a...

1 2 3 4 5

When it is big, I can

_____

_____

Color a star when you finish!

Big feeling? Talk to a trusted adult.

PREVIEW

Preview : Bright Path Sped

My name _____ Date _____



KIND WORDS SNOWBALLS



Write kind words in each snowball.

Kind words for a friend

_____

_____

_____

Kind words for my family

_____

_____

_____

Kind words for my teacher

_____

_____

_____

Kind words for myself

_____

_____

_____

PREVIEW

Color a star when you finish!

Big feeling? Talk to a trusted adult.

Preview : Bright Path Sped

My name _____ Date _____

SNOWMAN FEELINGS

Color the snowman. Tell how he feels.



The snowman feels

_____

_____

He feels this way because

_____

_____

_____

I can help him by

_____

_____

_____

Color a star when you finish!

Big feeling? Talk to a trusted adult.

PREVIEW

Preview : Bright Path Sped

My name _____ Date _____



MY WINTER WEEK



Write one feeling and one thing you tried.

	I felt	I tried
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

My favorite calm strategy this week

Color a star when you finish!

Big feeling? Talk to a trusted adult.

PREVIEW