# MENTAL HEALTH BULLETIN BOARD

## Feelings Check-In + Coping Cards




Bright Path Sped

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## One classroom license

- This file is for one classroom: one teacher, one group of students.
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## 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.
- The name clips, blank cards, check-in pages, class tally, family letter and notes areas are type-in fields. 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 so the cut pieces keep their size. The header letters and cards come in color and in an outline set that prints in black ink only. Cardstock works best for the header letters and cards; name clips are fine on copy paper.

## What this is, and what it is not

Classroom decoration and a feelings-word tool for young children. It is not counseling, a screening tool or a replacement for your school's own supports. Where a page needs your school's plan, it leaves a blank line for it.

## 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 before leaving a review. A fix to the file ships as a free update.

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PREVIEW

Preview - Bright Path Sped

# FEELINGS ARE OKAY!




| Mia | Leo | Ava | Sam | Zoe | Ben |
|---|---|---|---|---|---|

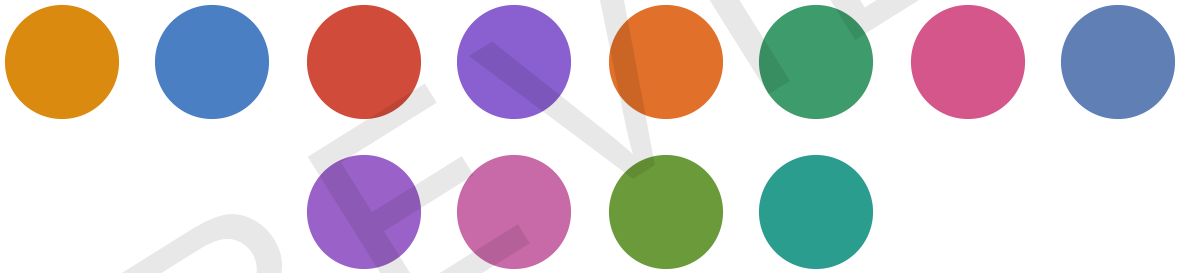
| | | | |
|---|---|---|---|
| TAKE A DEEP BREATH | COUNT TO TEN | ASK FOR HELP | TALK TO A FRIEND |
| TAKE A BREAK | GO TO THE CALM CORNER | I CAN TRY AGAIN | MISTAKES HELP ME LEARN |

PREVIEW

A finished board. The names on the clips are invented.

Preview - Bright Path Sped

# FEELINGS ARE OKAY!



PREVIEW

**All of them. Every one.**

Hang this over the check-in board or by the door.

Preview - Bright Path Sped

**Cut the letters. Tape them up in order.**




PREVIEW

Preview : Bright Path Sped

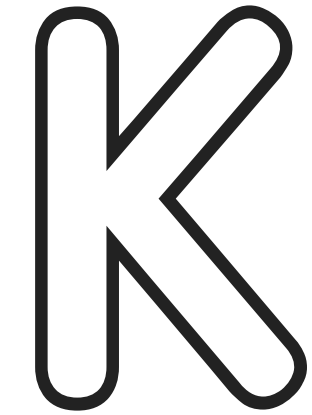
Cut the letters. Tape them up in order.

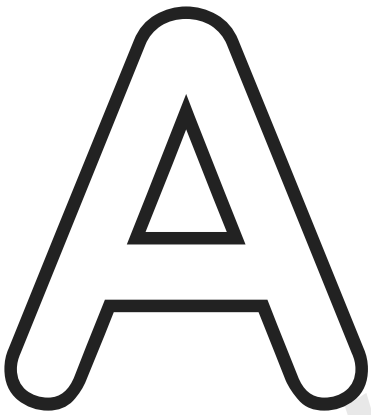


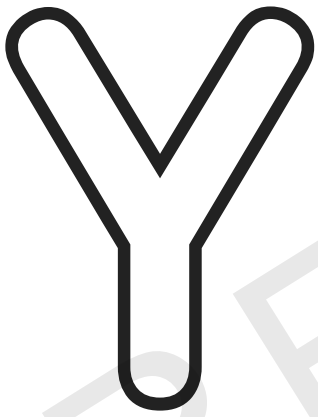

PREVIEW

Preview : Bright Path Sped

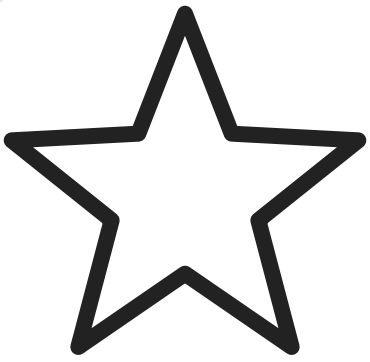
**Cut the letters. Color each one. Tape them up in order.**













PREVIEW

Preview : Bright Path Sped

Cut the cards. Hang them up.

Use my words

ASK FOR HELP

Use my words

TALK TO A FRIEND

Use my words

SAY, "I AM SORRY"

Use my words

SAY, "I NEED A BREAK"

Use my words

TELL A GROWN-UP

Use my words

SAY HOW I FEEL

PREVIEW

Preview : Bright Path Sped

Cut the cards. Hang them up.

Kind and brave

I CAN TRY AGAIN

Kind and brave

MISTAKES HELP ME LEARN

Kind and brave

I AM A GOOD FRIEND

Kind and brave

I CAN DO HARD THINGS

Kind and brave

I AM PROUD OF ME

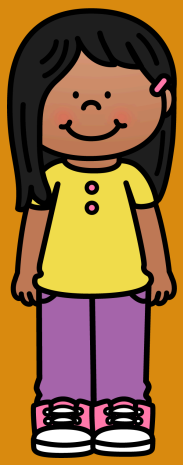
Kind and brave

TODAY IS A NEW DAY

PREVIEW

Preview - Bright Path Sped

Cut the cards. Hang them in a row.



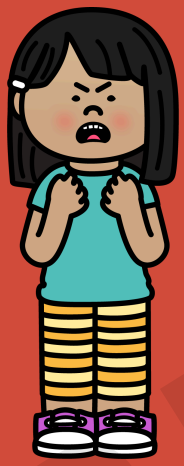
## HAPPY

It is okay to feel happy.



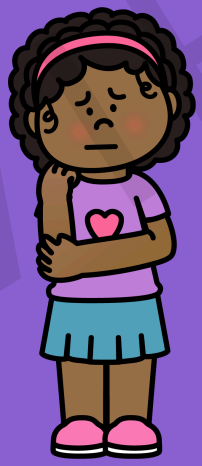
## SAD

It is okay to feel sad.



## MAD

It is okay to feel mad.



## WORRIED

It is okay to feel worried.



## EXCITED

It is okay to feel excited.



## PROUD

It is okay to feel proud.

PREVIEW

Preview : Bright Path Sped

## Cut the cards. Write a feeling word.

I feel

_____

Color this card.

I feel

_____

Color this card.

I feel

_____

Color this card.

I feel

_____

Color this card.

I feel

_____

Color this card.

I feel

_____

Color this card.

PREVIEW

Preview - Bright Path Sped

My name _____

Circle how I feel. Then draw it.



HAPPY



SAD



MAD



WORRIED



EXCITED



PROUD

PREVIEW

Preview : Bright Path Sped

# My name _____

## Pick my feeling. Write. Then draw.

Happy | Sad | Mad | Worried | Excited | Proud

**Today I feel** _____

**I feel this way because** _____

**I can** _____

Ideas: take a deep breath · ask for help · take a break · talk to a friend

PREVIEW

Preview - Bright Path Sped

My name _____

Make my calm plan. Draw what helps.

When I feel _____

I can _____

When I feel _____

I can _____

When I feel _____

I can _____

When I feel _____

I can _____

PREVIEW

# A Letter to Families: Our Feelings Board

Send it home when the board goes up. The bottom part comes back to you if you want it.

Date _____ Class _____ Teacher _____

## Dear families,

Our class has a feelings board. Each day children move a name clip to a feeling word, and we hang cards with ideas that help, like taking a deep breath, asking for help or taking a break. You can talk about the same words at home: happy, calm, sad, mad, worried and more. All feelings are okay.

## What our class does at check-in (teacher writes it here)

_____

_____

## Please send this part back (optional)

Child's name _____ Family name or adult's name _____

A word our family uses for feelings (your words):

_____

_____

Something that helps my child at home (your words):

_____

_____

_____

I would like the teacher to know (optional, your words):

_____

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW

# Filled Example: A Week of Check-In

Room 4 (invented class). The class and every number on this page are invented.

| Feeling | Mon | Tue | Wed | Thu | Fri | Total |
|---|---|---|---|---|---|---|
| Happy | 6 | 5 | 7 | 6 | 8 | 32 |
| Sad | 1 | 1 | 0 | 1 | 1 | 4 |
| Mad | 1 | 0 | 1 | 0 | 0 | 2 |
| Worried | 1 | 1 | 1 | 1 | 1 | 5 |
| Excited | 3 | 4 | 3 | 4 | 3 | 17 |
| Proud | 2 | 1 | 2 | 1 | 3 | 9 |
| Silly | 1 | 2 | 1 | 2 | 1 | 7 |
| Tired | 2 | 3 | 1 | 2 | 2 | 10 |
| Scared | 0 | 0 | 0 | 0 | 0 | 0 |
| Shy | 1 | 1 | 2 | 2 | 1 | 7 |
| Bored | 1 | 1 | 1 | 0 | 0 | 3 |
| Nervous | 1 | 1 | 1 | 1 | 0 | 4 |

Name clips each day: 20, 20, 20, 20, 20. All five days: 100 clips.

## Reading the numbers

20 children, 5 days, 100 clips. Happy was clipped most on every day (32 of 100). Excited came next (17). No one clipped Scared all week.

## What the teacher did next

She kept the tally on her desk and hung the Calm my body cards and the Take a break cards where children could see them from the board.

## What this example is not

One invented class's week. It sets no typical number and says nothing about a real class or a real child. A tally shows how a day went on the board; it is not a rating of any child.

PREVIEW

# Phrase Bank

Fill each blank with what is true for your class.

## Check-in talk

- Today I feel ____ (feeling word).
- I feel ____ because ____.
- My body feels ____ (a word that fits).
- I want to move my name to ____ (feeling).

## Asking for help

- I need ____. Can you help me?
- Can I take a break, please?
- I need a grown-up to ____.
- Please give me ____ (what helps).

## Kind words to a friend

- I can see you feel ____. Do you want ____?
- I am sorry that ____.
- Do you want to ____ (play, talk, sit) with me?
- Thank you for ____.

## Calm-down choices

- When I feel ____, I can ____.
- First I will ____. Then I will ____.
- My calm-down spot is ____.
- I can try again by ____.

## For the note home

- This week our class talked about ____ (feeling words).
- Please ask your child about ____.
- A word your family uses for feelings is ____.
- Our school's plan for a child who needs an adult right away is ____ (your school's own words).

PREVIEW