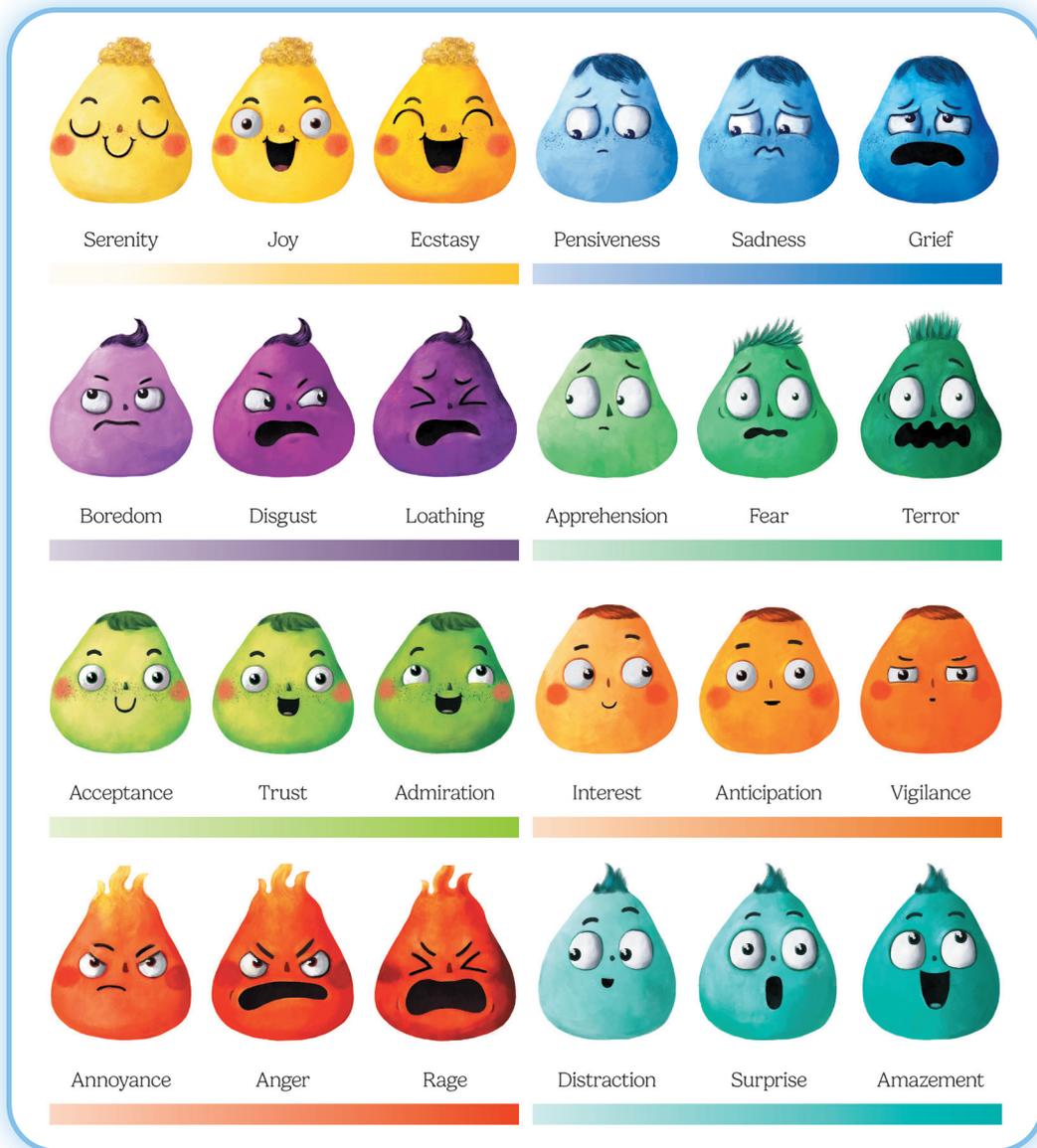


# Emotions Check-In

## In the Classroom

Have students draw or write one way they help themselves feel ready for a test. Use this as a reflection activity to reinforce calming strategies and build confidence. Students can share their work in pairs or post it in a "We're Ready!" display.



# Emotions Check-In

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Directions

Draw or write one way you help yourself feel ready for your test.



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# Emotions Check-In

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Directions

Draw or write one way you help yourself feel ready for your test.



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