

Migs Mello Emotion Check-In Sheet Helping Kids Name and Navigate Big Feelings

Name: Dat	e:
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How's Your Migs Feeling Today?

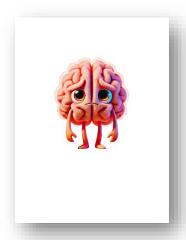
Circle the color that matches your feelings right now:

- Green Migs I feel calm, happy, and ready to learn
- **Yellow Migs** I feel wiggly, unsure, or starting to get upset
- Red Migs I feel mad, overwhelmed, or like I need space

Optional: Draw your Migs face below:







What are you feeling in your body?
You can check more than one)
□ My heart feels fast
 My tummy feels funny or tight
 My hands feel tingly or clenched
□ My face feels hot
 My chest feels heavy or tight
 My legs feel jumpy or restless
 My body feels frozen or stuck
 My body feels shaky or buzzy
 My head feels dizzy or cloudy
□ I feel sleepy or slow
□ I feel light, calm, or good
□ I feel like I want to cry or yell
□ I feel like I want to hide
Other:
What do you need right now?
Choose one or more things that might help your Migs feel better)
□ A squish (hug, soft toy, blanket, or cozy spot)
☐ A break or some quiet time
□ To move my body (stretch, wiggle, walk, jump)
☐ To talk to someone who will listen
☐ To draw, color, or create something
□ To breathe slowly or do a calm-down activity
□ To listen to music or a Migs Mello song

☐ To be alone for a little while

 To laugh or do something silly 	
☐ To hold something squishy or comforting	
☐ To hear that I'm safe and loved	
□ I'm okay for now	
Other:	
C Let's Check Back In	
After a few minutes of a calm activity, take another look:	
What helped the most?	

There are no bad feelings. All feelings are messages.

When in doubt, squish it out.

Migs sees you. Migs hears you. You're doing your best. \bigcirc