

Student Check-in

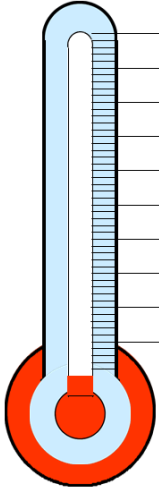
Name: _____

Date: _____ Time: _____

What are you feeling right now? Pick up to 3.

SAD	ANNOYED	FRUSTRATED	ANGRY
STRESSED	NERVOUS	JITTERY	TIRED
SCARED	DISAPPOINTED	LONELY	DEPRESSED
OVERWHELMED	HOPELESS	TEARFUL	SHOCKED
PANICKED	AFRAID	WORRIED	Other: _____

How intensely do you feel this way? Rate each feeling on a scale of 1-10.

	10	<i>This is the strongest I've EVER felt this way!</i>	Feeling #1: _____
	9		Rating: _____
	8	<i>This feeling is very strong.</i>	Feeling #2: _____
	7		Rating: _____
	6	<i>The intensity of this feeling is pretty average.</i>	Feeling #3: _____
	5		Rating: _____
	4	<i>This feeling is pretty mild.</i>	
	3		
	2		
	1	<i>This feeling is barely noticeable.</i>	

What event or situation was going on when you started to feel upset?

When we are in difficult situations or experience something upsetting, it's common to have automatic thoughts – thoughts that jump into our minds and feel very real but are not 100% true. Sometimes these thoughts ARE true, but they're just not helpful to focus on. Untrue or unhelpful thoughts are called "Thinking Traps".

Write down 2 thoughts you had in this situation:

1)

2)

Check the box next to the kinds of thinking traps these might be:

	Type of thinking trap:	Example:
	Overgeneralization	<ul style="list-style-type: none"> • "I always mess everything up!" • "Everything I do turns out badly."
	Mind Reading	<ul style="list-style-type: none"> • "She didn't say hi to me because she's mad at me." • "The teacher didn't call on me because he doesn't like me."
	Fortune Telling	<ul style="list-style-type: none"> • "I'm going to fail the test." • "They're going to laugh at me."
	Catastrophizing	<ul style="list-style-type: none"> • "This is going to be a total disaster!" • "This is the worst day of my life."
	What ifs	<ul style="list-style-type: none"> • "What if people think I'm an idiot?"
	True but unhelpful	<ul style="list-style-type: none"> • "My boyfriend cheated on me." • "No one invited me to hang out this weekend."
	Other:	

Try one of the coping skills below for 5-10 minutes (or define your own coping skill):

- | | |
|--|--|
| <input type="checkbox"/> Deep breathing
<input type="checkbox"/> Mindful eating
<input type="checkbox"/> 4-7-8 breathing
<input type="checkbox"/> Guided meditation
<input type="checkbox"/> Visualization
<input type="checkbox"/> Creating a coping thought | <input type="checkbox"/> Ice cube activity
<input type="checkbox"/> Listen to calming music
<input type="checkbox"/> Yoga
<input type="checkbox"/> Progressive muscle relaxation
<input type="checkbox"/> Making a plan to solve the problem
<input type="checkbox"/> Art |
|--|--|

What is your main feeling now? _____ Rate it 1-10: _____

Are you ready to go back to class now? If not, what do you need help with?