**Feelings Faces Check In--How are you feeling today?**

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**Point to the feeling or feelings that best describes how you are feeling today.**

**Tools for Taking Care of Yourself**

**Try taking deep breaths--big belly breaths--in and out!**

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**Now try the 5 Fingers breathing exercise!**

**\*Start at your pinky finger**

**\*As you move up the finger--breathe in**

**\*As you move down the finger-breathe out**

**\*Continue breathing in and out as you travel all the way to your thumb**

**Hopefully by the time you get to your thumb your body will feel more relaxed and calm (if not--do it again using your other hand).**

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**Take Some Time to Appreciate**

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**Draw or Write about person who you are thankful for**