

End of the day check-ins

As you finish your day, complete the questions below to let me know how you did today!

Name:	Date://
1. How are you feeling now?	Excited
I am ready to work more tomorrow.	Ecstatic Energetic
I am happy.	Aroused Bouncy Nervous
I am excited.	Perky State of the Perky Antsy State of the Perky Antsy
I am tender.	Caralla and Carall
I am scared.	
I am angry.	Irritated Resentful
I am sad.	Attiffed Upset Mad
I am feeling overwhelmed.	Furious Raging A p. g.r.y
	Aligiy
2. How did you do today?	3. How confident did you feel about your
I finished ALL of my assignments.	assignments today?
I finished MOST of my assignments.	1- 2 3 4 5- Not very Extremely
I finished NONE of my assignments.	That very Carrentery
4. Do you have anything else to tell me? T	his can be about school or life.