



Name: _____ Date: _____

Daily Check-In

Directions: Using the guide below, log your mood stressors, (and positive moments for one week).

MONDAY

Mood:

Stressors:

Positive Moment:

TUESDAY

Mood:

Stressors:

Positive Moment:

WEDNESDAY

Mood:

Stressors:

Positive Moment:

THURSDAY

Mood:

Stressors:

Positive Moment:

FRIDAY

Mood:

Stressors:

Positive Moment:

SATURDAY

Mood:

Stressors:

Positive Moment:

SUNDAY

Mood:

Stressors:

Positive Moment:

How did your feelings help you to manage and reflect on your feelings?





Name: _____ Date: _____

Get Journaling

Directions: Pick three of the prompts below and write a self-reflection for each one.

1. Write about something that brought you joy today.
2. Write about something that made you anxious this week.
3. What's an assumption people make about you? Are they wrong?
4. What are your favorite things about the season you're in?
5. What are three things you would do if you had no fear?

Prompt # _____

Reflection:

Prompt # _____

Reflection:

Prompt # _____

Reflection:





Name: _____ Date: _____

Vocab: Stressed? Reset It!

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

WORD BANK

Hormones

Vicious

Anxiety

Immobilized

Core Temperature

1. When you're stressed, your body is flooded with hormones that can make you feel _____, but dancing can help your body start moving again.
2. Stress and _____ can make you feel hot and flustered.
3. When you feel stress, your body signals your brain to release _____ that give you energy to either fight or run from a threat.
4. To avoid the _____ stress cycle caused by muscle tension, do soothing muscle relaxation exercises.
5. Lowering your _____ immediately slows your heart rate and increases blood flow to your brain, which will help calm your emotions.

