



Checking In

Have a check-in time with children to see how they are feeling. This can be done at specific times such as arrival time or mealtime, or it can be used throughout the day. Keep a chart with different pictures of feelings to provide a visual for children.

More Support: When children are nonverbal or limited in their responses, narrate how they might be feeling. For example, "How are you feeling (Child)? I see you have a frown and tears in your eyes. That tells you might be feeling sad. Are you feeling sad?"

Prompt Children to Consider Why Someone May Be Feeling a Certain Way

"(Child), how are you feeling? Thanks for telling me. Why are you are feeling sad right now?"

"You're not sure how you're feeling? Let's look at our emotions chart. Do any of these faces look like how you are feeling?"