



# How are you feeling today?

## Quick Mood Check

1. How do you feel today?

- ☐ 😊 Happy
- ☐ 😐 Okay
- ☐ 😞 A bit sad
- ☐ 😡 Upset or mad
- ☐ 😴 Tired
- ☐ 😕 Not sure

2. How much energy do you have?

- ☐ ⚡ A lot!
- ☐ 😊 Enough
- ☐ 😐 Not much
- ☐ 🛌 Very low

3. How do you feel about this lesson?

- ☐ 🤩 Super excited
- ☐ 😊 Curious
- ☐ 😐 It's okay
- ☐ 😞 Not very interested
- ☐ 😞 I'd rather be somewhere else

4. Did anything happen before class that might affect how you feel now?

- ☐ 😊 Something good happened
- ☐ 😓 Something stressful happened
- ☐ 😴 I'm just tired
- ☐ 🙄 Nothing really
- ☐ 🧠 I'm thinking about something else

5. How connected do you feel to the class right now?

- ☐ 🤝 Very connected
- ☐ 🤗 Kind of connected
- ☐ 😐 Just here
- ☐ 😞 Not really connected
- ☐ 🤔 I don't know

6. What would help you today?

- ☐ 🧠 Help with the lesson
- ☐ 💬 Someone to talk to
- ☐ 🧘 A little patience
- ☐ 🎧 A quiet moment
- ☐ 🙄 I'm okay for now

7. What's one word for how you feel right now?

- ☐ 🧠 Focused
- ☐ 😴 Tired
- ☐ 🥳 Excited
- ☐ 😟 Worried
- ☐ 😐 Meh
- ☐ 💪 Ready

8. If your mind was like the weather, it would be:

- ☐ ☀️ Clear and sunny
- ☐ ☁️ A little cloudy
- ☐ 🌧️ Rainy
- ☐ 🌀 Stormy
- ☐ 🌈 Changing a lot

9. Do you feel ready to learn today?

- ☐ ✅ Totally ready
- ☐ 🤔 I think so
- ☐ 🛌 Still waking up
- ☐ 😞 Not really
- ☐ 🆘 I might need some help today

10. What do you need from your teacher today?

- ☐ 👍 Encouragement
- ☐ 🙏 Understanding
- ☐ 🔄 Flexibility
- ☐ 🎯 Clear instructions
- ☐ 🙄 I'm not sure
- ☐ 💬 Just a smile