



Wellness Checklist

How does my body feel?
How is my mood?

My Body Check

- ☐ Am I too hot or too cold?
- ☐ Am I going to the bathroom okay?
- ☐ Do my arms, legs or back ache?
- ☐ Can I breathe okay?



My Mood Check

Today I am

- ☐ Happy
- ☐ Sad
- ☐ Mad
- ☐ Scared
- ☐ _____

