SCHOOL ATTENDANCE AND ANXIETY | ENGLAND

Daily Emotional Wellbeing Check-in

Free download · My SEND Friend Shop

A simple way for a child to communicate how the day feels, without pressure to explain everything in words.

Who this is for

Families and settings who want a low-pressure daily check-in, at home or after school.

What is inside

- A feelings check-in page
- A week of short daily boxes
- Optional notes

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How do I feel right now?

Point to a face, colour a circle, or add your own word. There is no right answer. This is not a diagnostic tool.



What might have led to this feeling? (only if the person wants to add it)

What might help right now?

For example a quiet space, a drink, a movement break, a trusted adult, or more time.

A week of short check-ins

Use one line a day if that is enough. You can print this page more than once.

Monday — morning / after school (and a word or two if they want)

Tuesday

Wednesday

Thursday

Friday

Weekend (optional)

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Children with special educational needs and disabilities (SEND)
- The SEND Code of Practice 2015 (England)
- The school's SEN information report and complaints policy
- Your local SENDIASS service
- IPSEA, for legally based information in England

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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