SENSORY AND EMOTIONAL REGULATION

Feelings Check-in Sheets

Free download · My SEND Friend Shop

A set of simple, repeatable feelings check-in sheets for home or a setting, with words that can be changed.

This is not a diagnostic tool and it is not a trademarked programme.

Who this is for

Families and settings who want a low-pressure daily or session check-in.

What is inside

- How to offer a check-in
- Several printable check-in pages
- A week log

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.

Check-in sheet 1

Point, colour, or add a word. There is no right answer. You can print this page as many times as you need.



I feel good



I feel okay



I feel wobbly



I feel overwhelmed

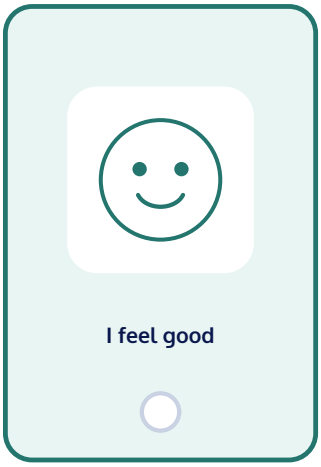
What might have led to this feeling? (only if the person wants to add it)

What might help right now?

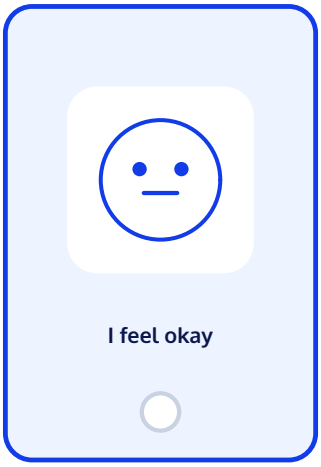
For example a quiet space, a drink, a movement break, a trusted adult, or more time.

Check-in sheet 2 — a second copy

A spare copy, for a different place or a different time of day.



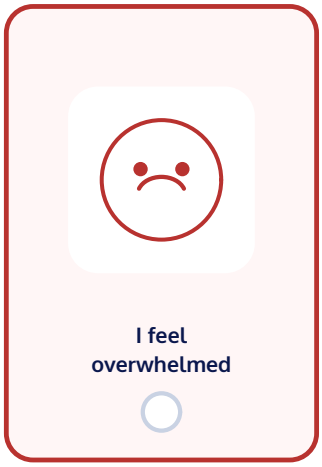
I feel good



I feel okay



I feel wobbly



I feel overwhelmed

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.

Check-in sheet 3 — a thermometer version

A thermometer is another way to show how big a feeling is, and to talk about what might help at each level. Change the words if your child already uses different ones. This is not a diagnostic tool.

4 — Overwhelmed

I cannot keep going like this. I need help and a way to feel safe.

What might help me at this level:

3 — Too much

Things are building up. I need a break or a change soon.

What might help me at this level:

2 — Starting to feel wobbly

I can still try, but I may need a warning, a quiet minute, or a check-in.

What might help me at this level:

1 — Okay or calm

I can join in, or I can rest, without a lot of extra help right now.

What might help me at this level:

Words we actually use in our family or class

A week of short check-ins

One or two words a day is enough. You can add morning and after-school if that helps, or leave days blank.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **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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