



**BOYS & GIRLS CLUBS  
OF AMERICA**

## Emotional Check-Ins:

### Ideas for Prompting Kids to Reflect, Identify and Share their Emotions



#### **Internal Weather Report:**

Ask, “If your mood were the weather, what would it be? For example, if you’re angry it could be a thunderstorm, or if you’re happy it could be sunny.” Give kids a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not.



#### **Feelings 1-10:**

Say, “Rank your mood today on a scale of 1 to 10, with 1 being the worst mood and 10 being the best.” Invite them to share by showing their ranking on their hands. They can choose to explain and elaborate on their ranking, or not.



#### **Pop Culture:**

Ask, “If your current mood were a song or movie, what would it be? For example, if you’re having a great day your song could be ‘Happy’ by Pharrell, or if you’re grumpy, your movie could be ‘The Grinch.’” Give kids a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not.



#### **Highs and Lows:**

Ask kids to think of their “high and low” of the day — this is the best thing that happened to them during the day, and the worst thing that happened to them. Give them a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not.



#### **Rose, Bud and Thorn:**

Ask kids to think of their “rose, bud and thorn” of the day — this is the best thing that happened to them during the day (rose), something they’re looking forward to (bud) and the worst thing that happened to them today (thorn). Give them a chance to think, then invite them to share. They can choose to explain and elaborate on their day and feelings, or not.



### **Emotional Animals:**

Ask, “If your mood were an animal, which animal would it be? For example, if you’re calm, your mood could be a sloth. If you’re excited, your mood could be a monkey.”

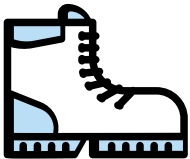
Give kids a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not. Younger kids can demonstrate the animal they choose, such as "excited monkey" or "calm sloth."



### **Food Moods:**

Ask, “If your mood were a food, which food would it be? For example, if you’re angry, your mood could be Flamin' Hot Cheetos. If you’re happy, your mood could be birthday cake.”

Give kids a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not.



### **Moods and Movement:**

Ask kids to think of a movement that demonstrates how they are feeling. Say, “For example, if you’re angry, you could stomp your feet. If you’re happy, you could hop up and down.”

Give kids a chance to think, then invite them to share. They can choose to explain and elaborate on their feelings, or not.