My Body Energy Check-In

Pre-K-Grade 2 | Emotions | Self-awareness | Color

Learner: _____ Date: _____

Pause and notice your body. Circle, point to, or name your energy level. Then choose one support that might help. There is no wrong answer.

LOW

quiet / heavy

CIRCLE OR POINT

○ ○ ○

MEDIUM

steady / ready

CIRCLE OR POINT

○ ○ ○

HIGH

fast / wiggly

CIRCLE OR POINT

○ ○ ○

SUPPORT I CHOOSE

MOVE	QUIET	WATER	HELP

Grown-up check: Open-ended self-check. Accept any energy level and any safe support the learner chooses; needs can change during the day.

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