



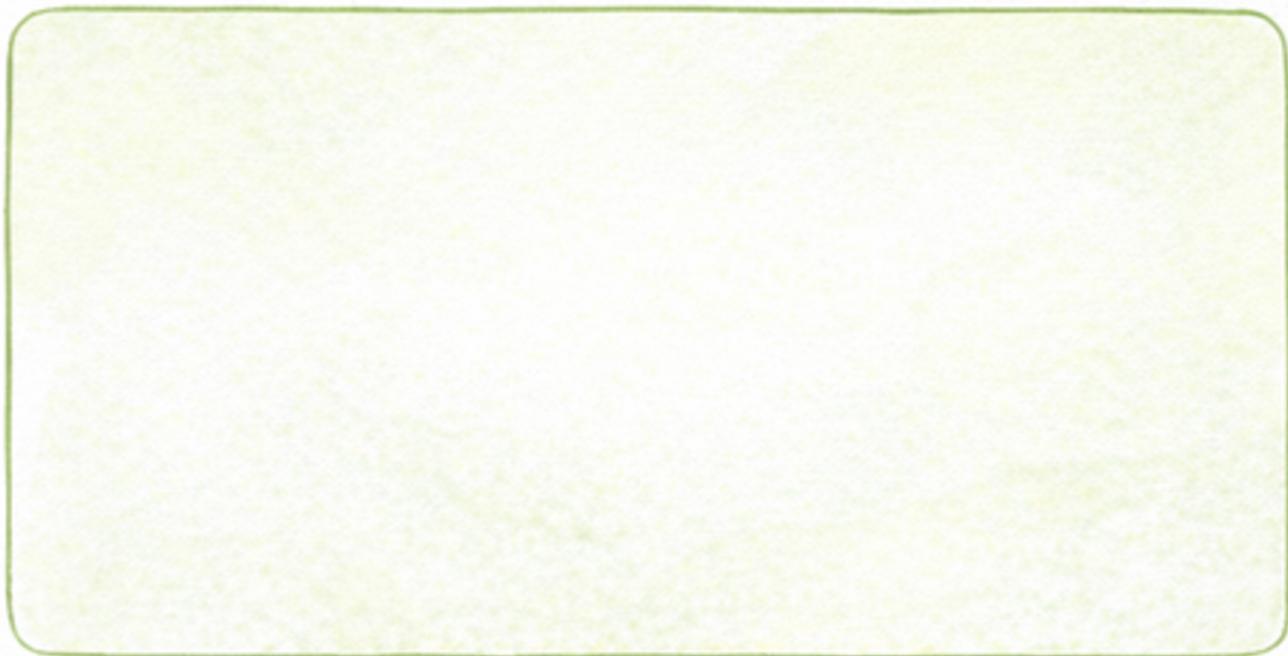
Happy Check-In Card

A simple feelings check-in routine for storytime or bedtime.

★ How do you feel right now?

★ What made you smile today?

★ Draw something that makes you happy!



Helpful tips:

- If little issues come up, chat about them gently and move on.
- Try to end with a happy note.
- Keep the same questions each night to make a routine.

