

Name: _____

Grade: _____

Date: _____

Standifer Gap 6-8 Class Check In

What is something good that happened this past week?

Is there anything going on in your life right now that might impact how you're doing in class (family stress, frequent arguments with a friend/family member, friend/family member who is sick, extracurricular activities, etc.)?

Over the last week, most days I have felt...

Happy



Content



Other: _____

Sad or
Disappointed



Overwhelmed/Stressed



Other: _____

Anxious/Worried



Angry or Upset



Bored



Tired



How much are your feelings impacting you?

Sunny day: Things are going well for me

Storm: "This has been bothering me a lot." This is a medium sized problem. I've got a lot going on, but I think I'm handling it well.

Raindrop: "It's bothering me a little." This is a small problem. It is not really impacting me much.

Tornado: "I'm really struggling." This is a big problem that is very heavy on me. ***(If you need someone immediately please let your teacher or Ms. Adams know today).***

I would like the following people to follow up with me: (circle as many as apply)

Mrs. Burgess

Mrs. Stone

Mr. Kast

Pastor Sitler

Ms. Adams

Pastor Fredy

Other: _____

_____ No follow up please

Do you have any prayer requests?