

Mental Health Check In

How are you feeling?

- ❤️ I'm full of love and doing amazing .
- 💛 I'm happy and feeling great.
- ❤️ I'm feeling good.
- 💚 Could be better. Could be worse. But I'm ok
- 💙 I'm functioning but feeling anxious/ worried
- 💜 I'm having a hard time and wouldn't mind if someone reached out to me
- 💔 I'm completely lost and broken inside
- 🖤 I'm really in a dark place. Not sure I want to live

Hello Students!

How are you? As I continue to think of ways to stay connected and remain true to the natural feelings we experience as humans; I want you to take a few minutes to tell me how you are doing and feeling in this moment of the COVID pandemic.

Please know, that this is a trusted space and any information shared will be confidential and will not be shared with other classmates or teachers. Email me or upload your responses to my channel when you are complete. Thank you and Stay Safe! ☺

## *Wellness Check-in Survey*

### **1. How are you doing in this very moment?**

*Very well*      *I'm ok*      *Not my best*      *It's bad day*

2. *Have you been eating healthy meals each day? (breakfast, lunch, and dinner)*

**3. Are you getting enough sleep daily? (at least 8 hours)**

**4. *What are you doing to relax when you are not at school virtually?***

**5. How are you getting the academic help you may need with your classwork?**

**6. What type(s) of physical activities are you able to do during the day (while not at school)? How often?**

7. *What extra home responsibilities do you have since the COVID pandemic started?*

**8. How do you share your feelings or anxieties with others? Do you share your feelings or anxieties with others?**

9. *Who helps you to deal with the strong feelings or emotions you are experiencing dealing with the changes to your normal life since COVID happened?*

*10. What questions do you still have about COVID? Or want to know about the world pandemic?*