

VIRTUAL FEELINGS CHECK-IN

We may not always be in a place where we can talk out loud. Sometimes we need a code word to describe our feelings. Use these colors and numbers to share what you are feeling and what you need. You can say, "I am a (color)(#), right now."

SLEEPY
TIRED
SAD
DISAPPOINTED
BORED

HAPPY
ENERGY
JOYFUL
HOPEFUL
SAFE

MAD
MOODY
ANNOYED
FRUSTRATED
OUT OF CONTROL

SCARED
WORRIED
CONFUSED
STRESSED
OVERWHELMED

JEALOUS
SICK
EMBARRASSED
GRIEFY
BODY HURTS

HOPELESS
HELPLESS
DONT WANT TO BE HERE
I WANT TO HURT MYSELF
I NEED HELP

SHARE WHAT YOU THINK YOU NEED RIGHT NOW USING NUMBERS. "I NEED (NUMBER)".

1. I need to talk to you or someone I trust
2. I need to do some art
3. I need to play or move my body
4. I need to calm down or rest
5. I need to sit quietly and think
6. I need to write or journal
7. I need to be around family or friends
8. I need (something else) ** type, draw, or say what it is**



RADICAL GRIEF
YOUR GRIEF AND LOSS CONSULTING AGENCY