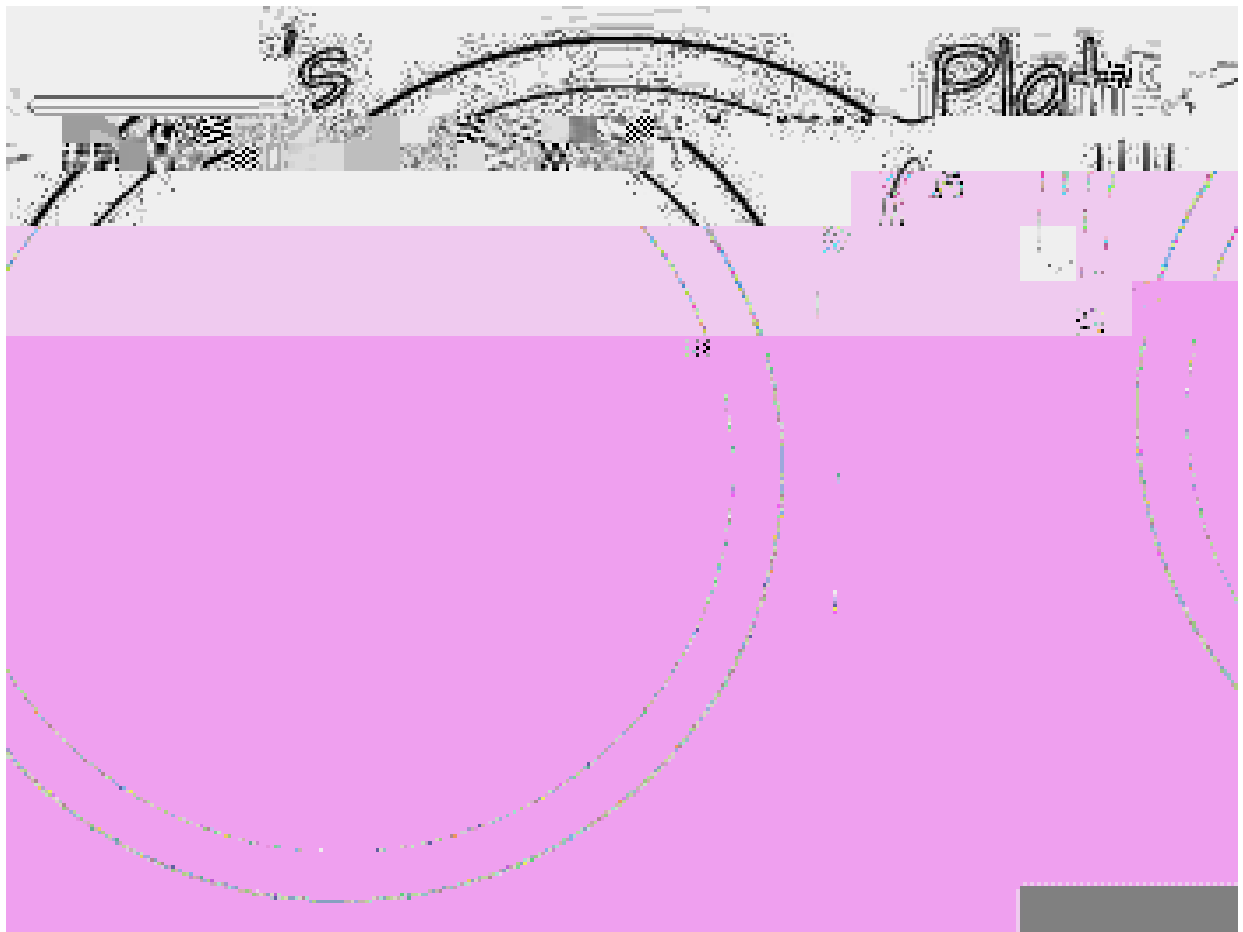


COVID19 can be an especially stressful and challenging time for youth. See below for some tools that can be used during check-ins with younger students to help informally assess mental health concerns and learn more about how they are feeling.

Example A.

Sometimes we feel like we have too much going on in our lives, “ too much on our plate. ” Do you feel like that today? Use this plate  
E H O R Z W R P D S For your plate today. How do you feel today?



Example B.

This chart can help youth identify emotions they might be feeling and develop their emotional vocabulary.

How are you feeling today?

How have you been feeling lately?

What do you feel when you are \_\_\_\_\_?

