

A QUIET PLACE FOR NOTICING

MY FEELINGS CHECK-IN

A quiet place for notice and naming what is present today.

There is no right answer. I can write, circle, check, draw, or leave something blank

Name: _____

Date: _____

RIGHT NOW, I NOTICE...

Choose one, more than one, or none yet.

- ☐ SAD ☐ MAD / ANGRY ☐ SCARED / WORRIED ☐ CONFUSED
- ☐ NUMB / TIRED ☐ OKAY / GOOD ☐ SOMETHING ELSE: _____

IN MY BODY, I NOTICE...

Bodies can give us clues, too.

- ☐ HEAVY ☐ TIGHT ☐ SHAKY ☐ TIRED ☐ RESTLESS ☐ NUMB ☐ WARM ☐ CALM
- ☐ SOMETHING ELSE: _____

WHAT MIGHT HELP RIGHT NOW?

I can choose something small.

- ☐ QUIET ☐ MOVEMENT ☐ WATER OR A SNACK ☐ A SHORT BREAK ☐ A TRUSTED PERSON
- ☐ COMPANY WITHOUT TALKING ☐ KEEP GOING AS USUAL ☐ I DON'T KNOW YET

IF I WANT TO SHARE...

I decide what feels okay to share

I want someone to know:

- ☐ SHARE ☐ KEEP IT PRIVATE ☐ ASK SOMEONE TO SIT WITH ME

**I DON'T HAVE TO FIGURE
IT ALL OUT TODAY.**

Noticing is enough for now.



This tool supports noticing and communication. It is not a test or diagnosis.

HI, I'M GRIEF ❤️

HIGRIEF.CO