



SOCIAL SKILLS

MY daily check-in

Check-in sheet to target recalling daily activities, identifying and describing feelings, conversation, and talking about the future!

DIRECTIONS

This check-in sheet is perfect for kids who are working on pragmatics and might need a visual reminder in order to tell their mood and describe their day. I love to use this sheet at the beginning of my social skills sessions, but you can also send it home or use it in a social skills notebook!

There is a spot at the top of each page to write the date if you want to keep them over time!

There is one sheet in color, and one in black and white. I hope you enjoy!

name: _____

date: _____

MY DAILY CHECK-IN

today, i am feeling...



one thing i did today was...

one person i saw today was...

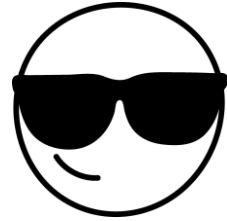
one thing i will do today is...

name: _____

date: _____

MY daily check-in

today, i am feeling...



one thing i did today was...

one person i saw today was...

one thing i will do today is...

CREDITS

I'm Lovin' Lit



Creative Clips
by Krista
Wallden



Zip-A-Dee-Doo-
Dah Designs



A Perfect Blend



THANK YOU!

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