How Am I Feeling?

A Check-In for Kids Ages 6-12

To be completed by the child, with caregiver support as needed

Instructions

Answer each question about how you have been feeling this past month. Circle the number that feels most true for you.

There are no right or wrong answers — just honest ones!

0 = Never	1 = Rarely	2 = Sometimes	3 = Often	4 = Almost Always

My Body	Score (0-4)
My tummy hurts or my head hurts a lot, even when I am not sick.	0 1 2 3 4
I have a hard time falling asleep or I wake up a lot during the night.	0 1 2 3 4
I feel wiggly and cannot sit still, even when I want to.	0 1 2 3 4
Loud sounds, bright lights, or certain clothes bother me a lot.	0 1 2 3 4
I feel really hyper and then suddenly really tired.	0 1 2 3 4
My body feels stiff, tight, or achy.	0 1 2 3 4
My heart beats really fast or I feel shaky sometimes.	0 1 2 3 4
I jump or get startled by things that are not that scary.	0 1 2 3 4

My Feelings	Score (0-4)
My feelings feel really BIG and hard to handle.	0 1 2 3 4
I get upset very quickly and it is hard to calm down.	0 1 2 3 4
My mood changes a lot throughout the day.	0 1 2 3 4
Sometimes I feel nothing inside, like I am turned off.	0 1 2 3 4
I feel worried or scared even when I know I am safe.	0 1 2 3 4
I get mad or sad before I even know why.	0 1 2 3 4
It does not feel safe for me to show my feelings.	0 1 2 3 4
I worry a lot about things that might happen.	0 1 2 3 4

What I Do	Score (0-4)
Small things upset me a lot more than they upset other kids.	0 1 2 3 4

When things get hard, I freeze up, hide, or stop talking.	0 1 2 3 4
I check what is going on around me all the time, looking for problems.	0 1 2 3 4
I do not like going to loud or very busy places because they bother me.	0 1 2 3 4
I bite my nails, pick at my skin, or do other things to help me feel calm.	0 1 2 3 4
It is hard for me to finish my homework or chores.	0 1 2 3 4
I sometimes say or do things quickly and then feel bad about it.	0 1 2 3 4
I really need my day to go the same way, or I feel really upset.	0 1 2 3 4

Me & Other People	Score (0-4)
It is hard for me to feel comfortable around other kids, even friends.	0 1 2 3 4
I sometimes think kids are being mean even when they are not.	0 1 2 3 4
I feel alone even when other people are all around me.	0 1 2 3 4
I have a hard time asking for what I need.	0 1 2 3 4
I try hard to do what other people want so they will not be upset.	0 1 2 3 4
I need adults to keep telling me I am doing okay.	0 1 2 3 4
It is hard to pay attention when I am talking with someone.	0 1 2 3 4

TOTAL SCORE	_____

My Name: _____ Date: _____