

# Check-In

## with your kids mental health

**1.** When you feel really sad or really mad, what do you do? How do you let those feelings out?

**2.** Do you ever feel like you need someone to talk to, but don't know who to talk to?

**3.** How is your body feeling lately? Have you had any stomach aches or headaches?

Has there been anything going on at school or with your friends that's been upsetting you?

**4.**

**5.** What's the biggest problem that you're facing right now?

**6.** What's the best thing that happened to you this week? What about the worst?

**7.** Have you had any problems sleeping lately? Do you feel less hungry or more hungry than usual?

Have you ever felt so sad or lonely that you wanted to hurt yourself?

**8.**

**9.** What makes you feel excited and happy these days?

How do you take care of yourself - both your body and your mind?

**10.**