(Conway, 2010)

**Check-In:**

- How was your bus ride?
  - GREAT  SO-SO  NOT SO GOOD
- How much sleep did you get?
  - A LOT!  ENOUGH  NOT ENOUGH
- How is your mood?
  - GREAT  SO-SO  NOT SO GOOD
- Do you feel safe today?
  - YES  MAYBE  NO
- Are you going to have a great day?
  - YES  MAYBE
- Do you need to talk with an adult about anything today?
  - YES  NO

**DATE:** ________________

**Check-out:**

- How well did you follow directions today?
  - 1  2  3  4  5  6  7  8  9  10
- **Draw or write** one positive choice made today:
- Write what you can do on the next day to improve your behavior: