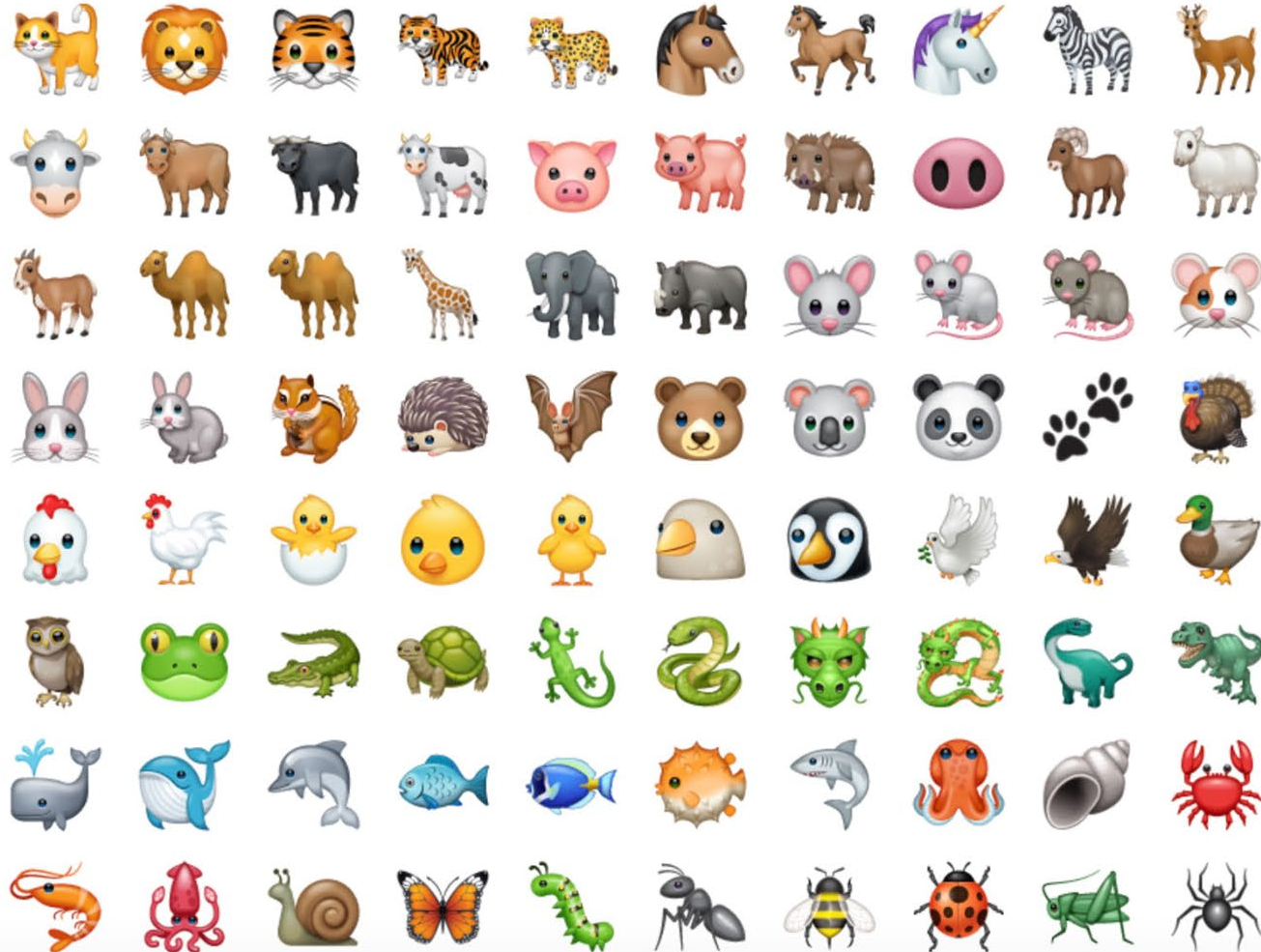


# CHECK IN

Which animal  
represents  
you today?



# CHECK IN

Which emoji represents you today?



What type of weather represents you today?





# WHERE ARE YOU?



(C) 2020 Molly Grisham



What musical instrument  
do you feel like today?

IS MAYONNAISE

AN INSTRUMENT?



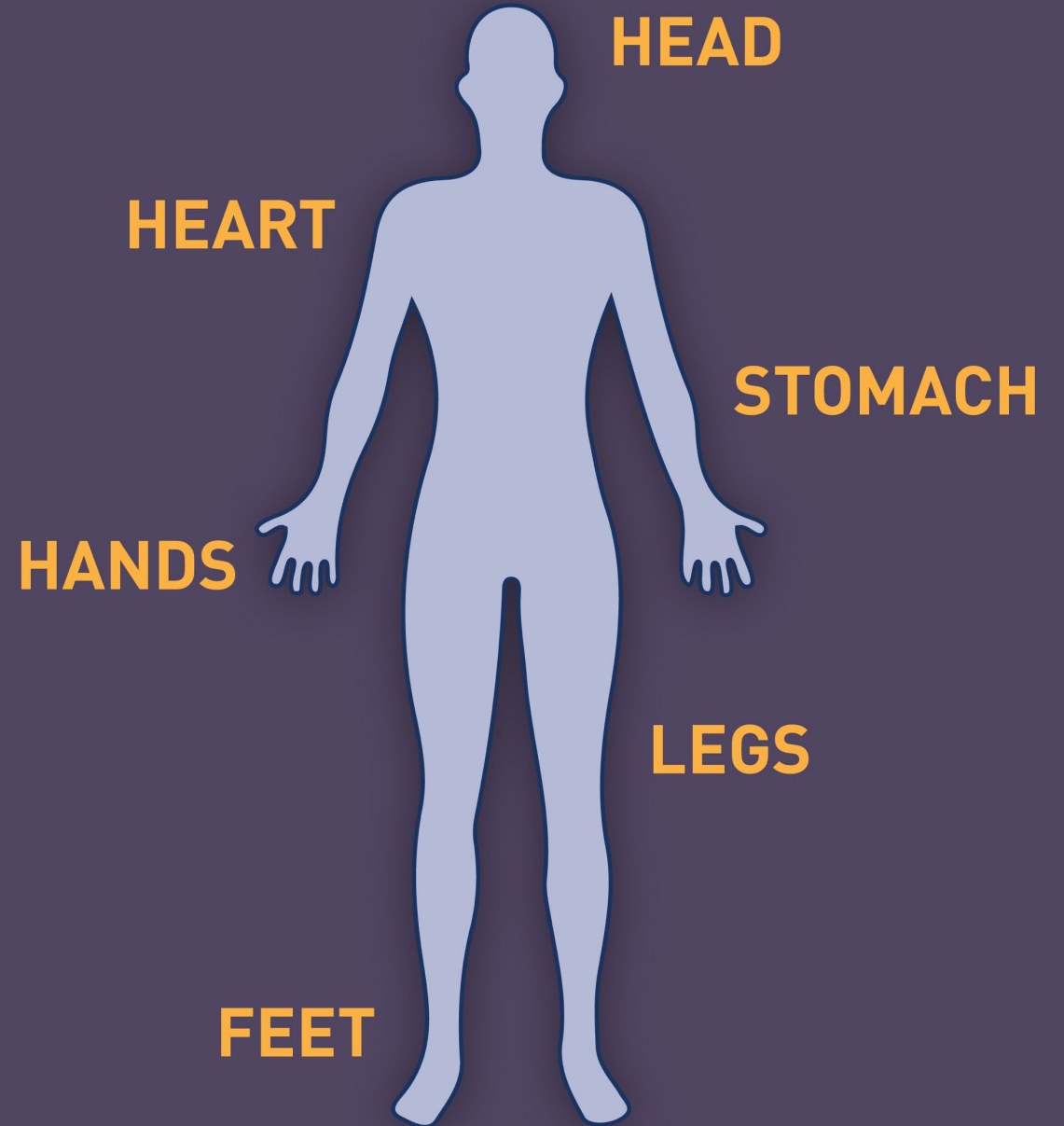






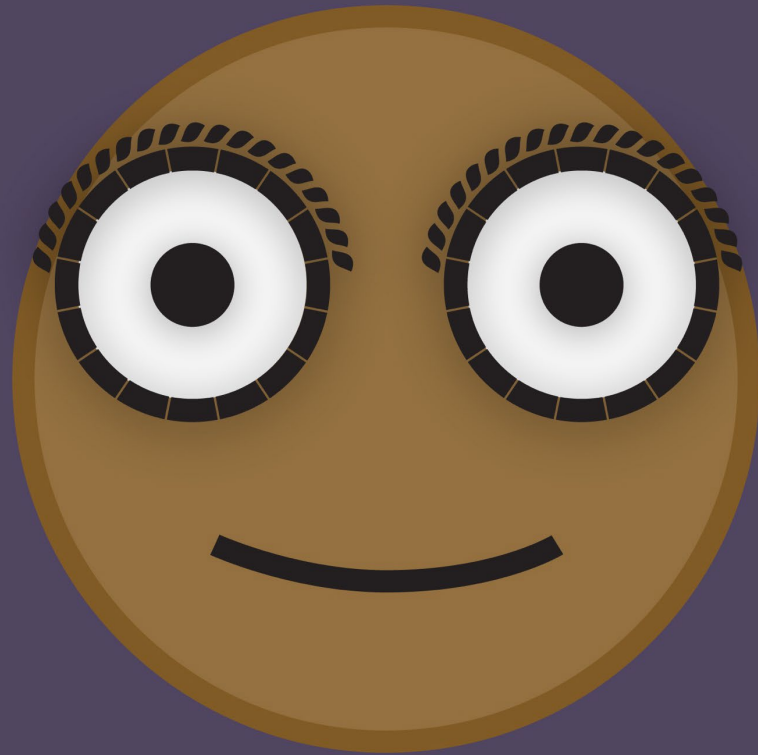


# CHECK-IN

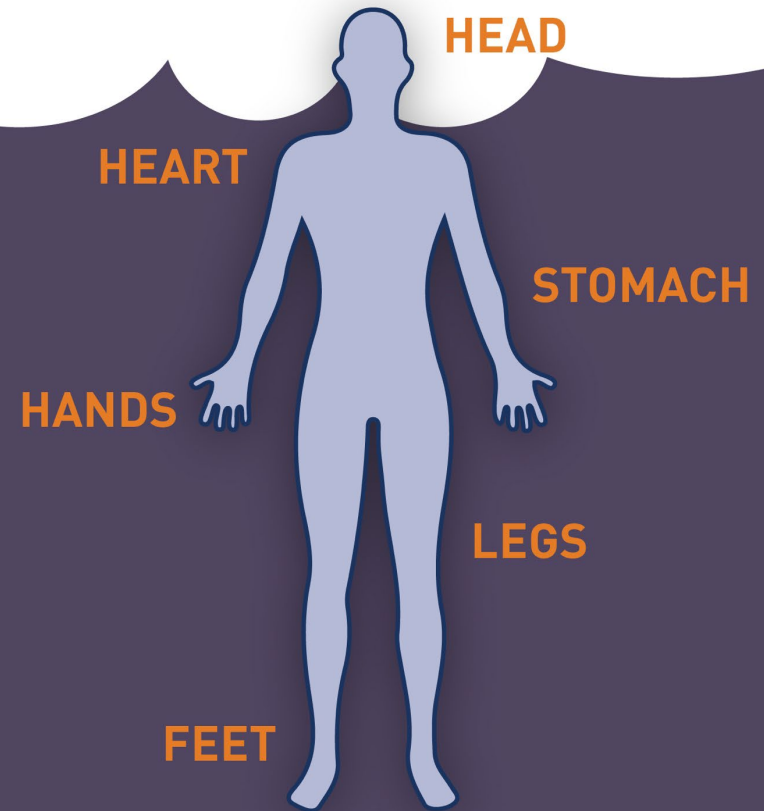




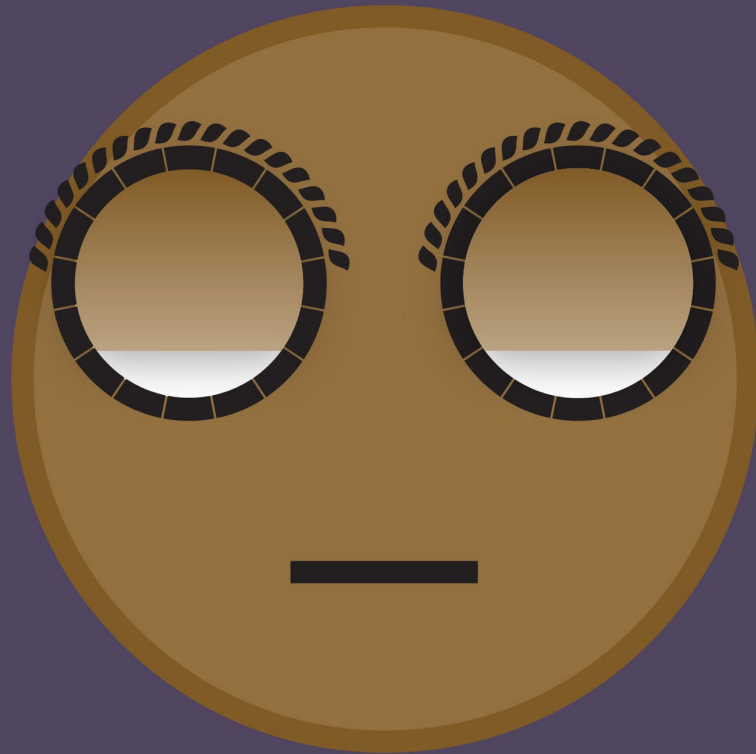
# CHECK-IN



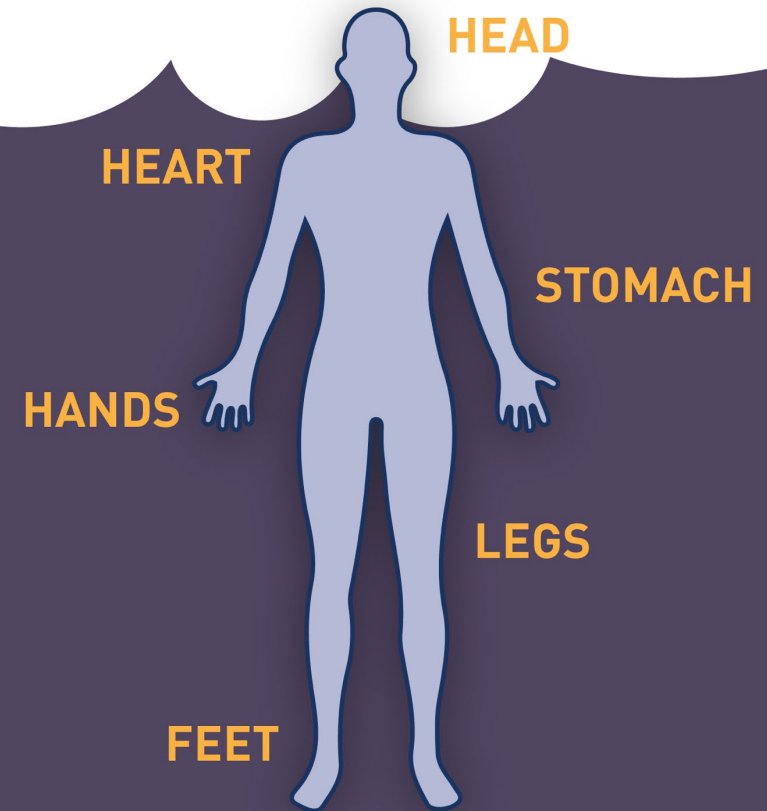
As we close our eyes,  
think about what you are  
feeling in these areas...



# CHECK-IN



As we close our eyes,  
think about what you are  
feeling in these areas...





# CLEAR YOUR MIND



CHESAPEAKE BAY  
**OUTWARD BOUND SCHOOL**

# BREATHING TECHNIQUE



**SMELL A CAKE**



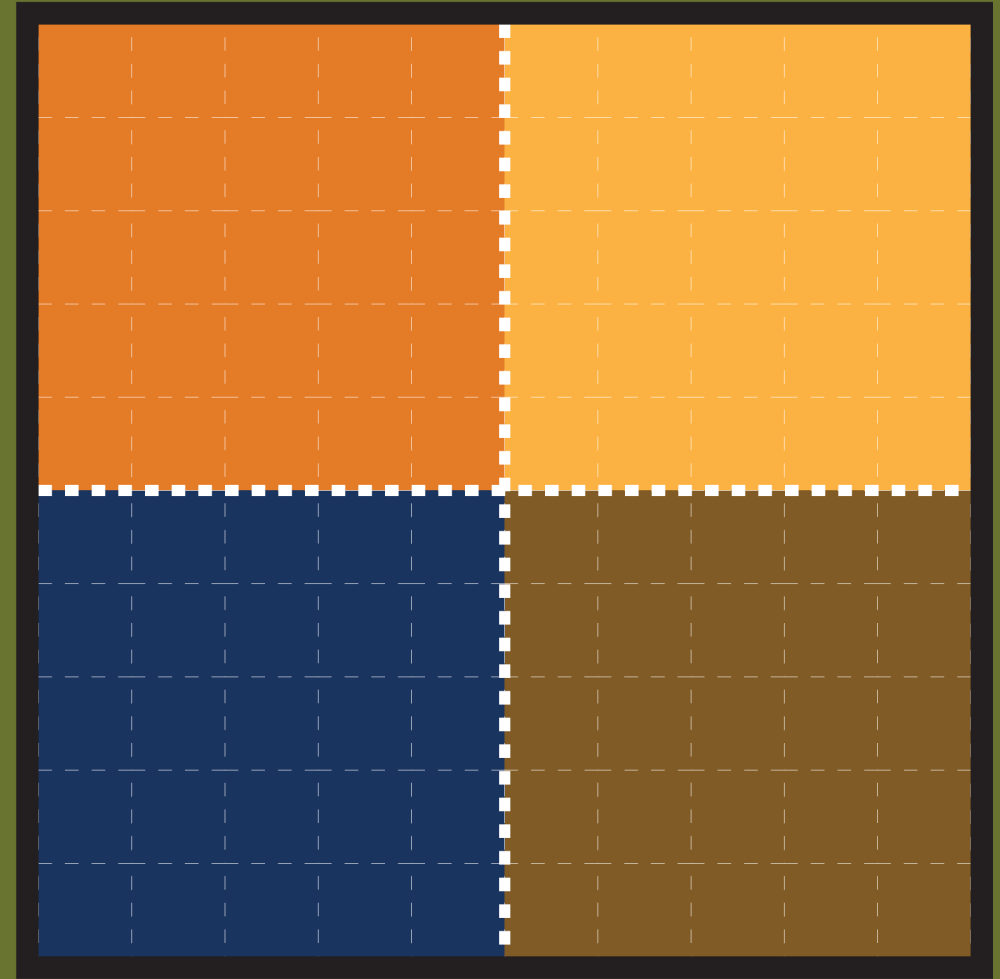
**DRAGON BREATH**





# MOOD METER

ENERGY



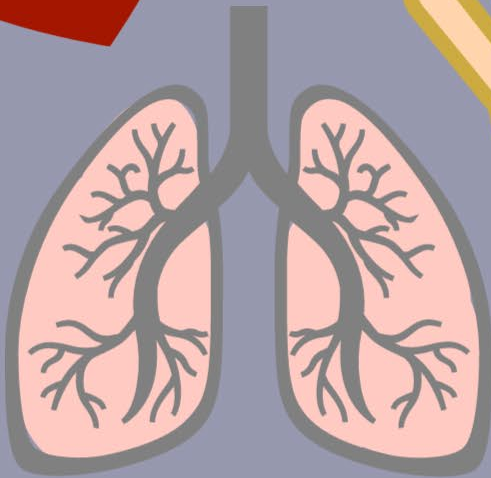
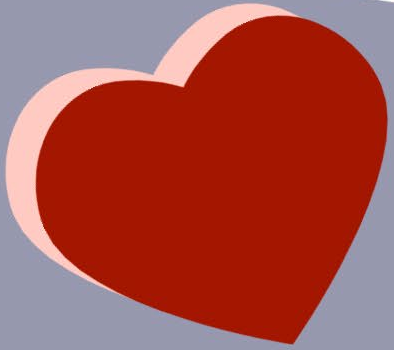
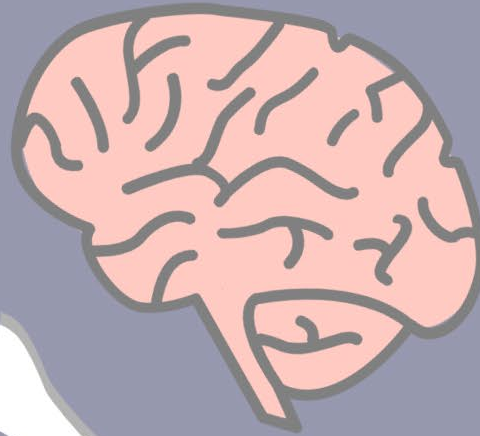
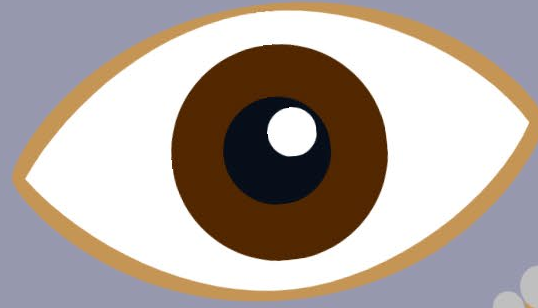
PLEASANTNESS



ENRAGED	FURIOUS	FRUSTRATED	SHOCKED	SURPRISED	UPBEAT	MOTIVATED	ECSTATIC
LIVID	FRIGHTENED	NERVOUS	RESTLESS	HYPER	CHEERFUL	INSPIRED	ELATED
FUMING	APPREHENSIVE	WORRIED	ANNOYED	ENERGIZED	LIVELY	OPTIMISTIC	THRILLED
REPULSED	TROUBLED	UNEASY	PEEVED	PLEASANT	JOYFUL	PROUD	BLISSFUL
DISGUSTED	DISAPPOINTED	GLUM	ASHAMED	BLESSED	AT EASE	CONTENT	FULFILLED
MORTIFIED	ALIENATED	MOPEY	APATHETIC	HUMBLE	SECURE	CHILL	GRATEFUL
EMBARRASSED	EXCLUDED	TIMID	DRAINED	CALM	SATISFIED	RELAXED	CAREFREE
ALONE	DOWN	BORED	TIRED	RELIEVED	RESTFUL	TRANQUIL	SERENE



What do you  
need more of?



# Check In

**Pick a color from the next slide that describes how you're feeling today.**

**Choose based off the name OR the color.**





<b>POLAR BEAR</b>	<b>GOOD LUCK</b>
<b>NO MORE DRAMA</b>	<b>BIG CHILL</b>
<b>UNIMAGINABLE</b>	<b>BONFIRE NIGHT</b>
<b>BLING BLING</b>	<b>LIMO SCENE</b>

