

Jar Check-In

Choose a colour for your jar to show how words feel today.

Green

"Words feel easier today"

Amber

"I need more time"

Pink

"Words feel stuck today"

If you prefer you could colour your own jar below to show how you feel today. Write your words inside, or draw a smiley face to show how you are feeling. You could also use the ‘feelings’ cards from the ‘Ideal School’ Card Deck