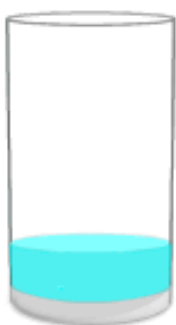


The Feelings Cup Check-In



How Much Water is in My Cup?



Use this visual to support teaching your students about the Emotional Cup. This image is from the Sensory and Self Regulation Toolkit.

