Tom Tom's Daily Wave Check-In Board

How big is your wave today?



Move your name or symbol to show how you feel.

KIND PEOPLE BRIGHTER WAVES ♥

1 Tiny Ripple

Calm
Happy
Ready to learn

2 Gentle Wave

Okay
A bit wobbly
Still good

3 Growing Wave

A bit worried
Frustrated
Finding it tricky

4 Big Wave

Upset
Angry
Overwhelmed

5 Stormy Wave

Very upset
Need extra support
Having a really hard time

Things that can help...

- break
- help
- quiet space
- talk

The Four Pillars Help Us All Grow

- **Brian's** — Look after our amazing brains
- **Waves** — Understand and manage our feelings
- **Circles** — Build kind and supportive relationships
- **Bridges** — Help us move forward together

Amelia · Noah · Maya · Leo · Sophie · Jack · Isla · Oliver