



BOB & THE BLOBS · FREE SAMPLE

Blob Check-In Sheet

A one-page daily check-in for home or classroom · Feel it · Name it · Aim it · This sheet stays with you — nothing is sent to anyone.

1 · FEEL IT — What's the feeling?

Circle one (or draw your own): worried · mad · stuck · embarrassed · can't say no · need it just-so · something else: _____

2 · NAME IT — Which Blob showed up?

A Blob isn't the feeling — it's the little protector the feeling sends. Which one is here?

☐ **Worry Blob**

shows up when things feel uncertain

☐ **Anger Blob**

shows up when something feels unfair

☐ **Avoidance Slug**

shows up when something is hard to start

☐ **People-Pleasing Blob**

shows up when saying no feels risky

☐ **Shame Blob**

shows up when a mistake feels like identity

☐ **Control Blob**

shows up when safety feels like steering everything

What is your Blob trying to protect?

3 · AIM IT — One small next move

Thank your Blob for trying to help. Then pick one small thing to do next:

Nobody is a Blob. Everybody has Blobs.

Want more? Meet the whole cast at slightanglestudios.com — or take the 2-minute “What’s Your Blob?” assessment (teens & adults).