

# CLASSROOM CHECK-IN GUIDE



## What

A process where students are empowered to pause, reflect and share their emotions. According to research, when we acknowledge our emotions, our brains can reduce the intensity of the emotions we feel. When we name our emotions we feel more in-control and are less likely to become overwhelmed by these emotions. By implementing daily check-ins, teachers normalize emotions, create emotional safety, and can identify students who may be experiencing internalizing behaviors (such as anxiety), then connecting them to resources and support.

## Impact

- Builds community and connection
- Increases empathy and awareness
- Decreases isolation and anxiety
- Increases teacher awareness of strengths and needs
- Proactive vs. reactive
- Strengthens group norms and routines

## Tools

- Survey (QR code, paper, etc.)  
Google form
- Visual on board (or student desk)  
Mental health check in  
Jam board
- Hand signal  
Fist to 5
- Verbal/check in circle  
Circle Questions  
More Circle Questions  
101 Circle Prompts

## Vibes

- Accessible: provides options, physical considerations, language, etc.
- Inclusive and flexible: invites participation and is responsive to needs
- Consistent: part of our daily practice
- Empowering: engages student voice and leadership in process
- Diverse range of engagement: tone of care, humor, connection, etc.
- Relationship-based: holistic and human-centered, not just a task

## More

Building a Better Check-In  
21 Quick Questions to Check-in on Your Students' Well-Being in 21-22  
A Structure for Effective Check-Ins\* - Global Learning Partners  
5 SEL Check-In Activities for Your Classroom • Six Seconds  
Morning Meetings Feature  
Visual Check ins