

EMOTIONS CHECK-IN

What's the purpose of an Emotions Check-in?

An "Emotions Check-in" is a way to greet students at the door as they enter the physical education space. It allows teachers to welcome students individually and set the tone for the beginning of each class.

This first interaction with students is a chance to gauge mood, help them reset if needed, make a connection, and positively start off the class together. Greeting each student at the door with a positive message can be beneficial for both students and educators.

Mental health and emotional well-being are key factors in determining how engaged students will be at school. It is important for educators to have a handle on where kids are in terms of their emotional landscape. Incorporating quick check-ins can be part of a daily routine that helps educators build relationships with students and provide a safe space for students to communicate and regulate their emotions.



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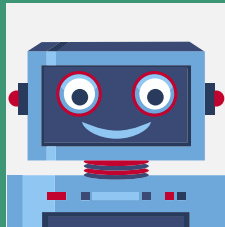


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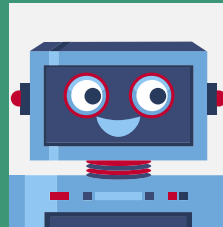
EMOTIONS CHECK-IN

Right now, I am feeling...

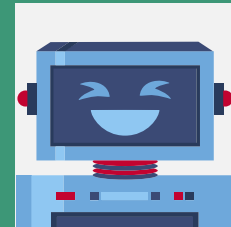
GREEN



HAPPY

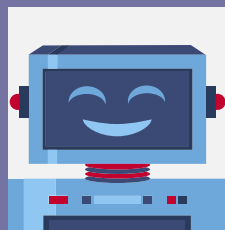


EXCITED

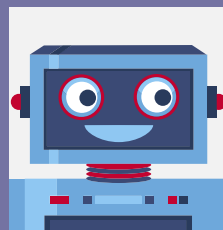


ENERGIZED

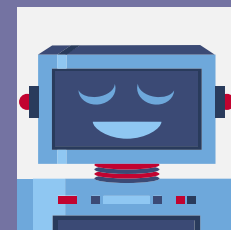
PURPLE



CALM

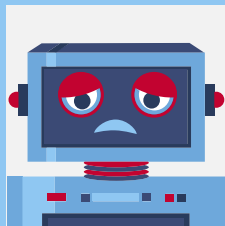


CONTENT

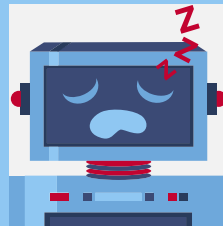


RELAXED

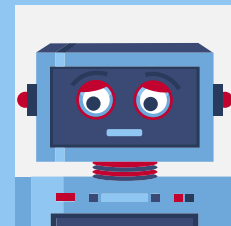
BLUE



SAD

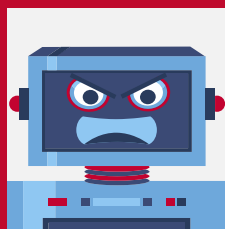


TIRED

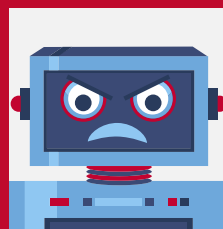


LONELY

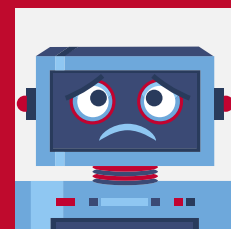
RED



ANGRY



FRUSTRATED



UPSET