

Simple Check-ins for SEL in the Classroom

Quick Daily Check-Ins

- **Emoji or Color Check-In** – Students select an emoji or color that represents their mood.
- **One-Word Feelings** – Each student shares one word that describes how they feel today.
- **Thumbs Up, Sideways, Down** – A quick way to gauge emotional well-being.

Reflective Prompts

- "What's one thing that made you smile today?"
- "What's something that challenged you today?"
- "How do you feel about your interactions with classmates today?"

Interactive SEL Activities

- **Feelings Journal** – Students write or draw about their emotions.
- **Partner Share** – Students pair up and discuss how they're feeling.
- **Mood Meter** – A visual tool to help students identify and express emotions.

End-of-Day Reflections

- "What's one thing you learned about yourself today?"
- "Did you help someone today? How?"
- "What's one thing you're grateful for?"