

# Examples of Mental Health Check-ins:

**Setting:** These will work in any setting. You can change the questions and answers to meet the needs of all students. Google forms can be completed on any device that has internet access.

**Summary:** Mental health is a huge part of education today. Some students do not feel comfortable opening up face to face. These check-ins are an easy way for students to express themselves, their needs, their worries etc. The day gets away from everyone, a student can access these surveys anytime and anywhere.

**Disclaimer:** YOU MUST LOOK AT THE RESULTS!!! Creating the surveys is amazing, but if you don't look at and analyze the results and then take the next step, the surveys aren't meeting their full potential.



# CFMS Schoolwide Weekly Check-in -(Created by our School counselors)

## Completed Weekly

### Section 1



#### Counselor Check-In 2020-2021 B Day

Please answer the following questions honestly. If you are experiencing an emergency please call 911 or 211 for a Mental Health Emergency. Your School Counselors will be checking responses between 8am and 3pm Monday-Friday. If your feelings change following the completion of this survey, please contact your School Counselor at anytime.

### Section 2

Today's Date: \*

Date

mm/dd/yyyy

First and Last Name: \*

Your answer

Please Select Your Grade Level: \*

- Grade 6
- Grade 7
- Grade 8

### Section 3

How are you feeling today? \*

- I'm great!
- I'm okay
- I am struggling and I need to check in with my counselor

How are you sleeping? \*

- I am sleeping well and getting enough sleep
- I am sleeping well sometimes
- I am having trouble sleeping and staying on a regular sleep schedule

### Section 4

How do you feel you are doing with online learning? \*

- Great!
- Good
- Okay
- Not very good

If you answered "Not Very Good", what is your biggest concern with online learning?

Your answer

### Section 5

How do you feel you are staying connected with friends and peers? \*

- Through social media
- Through texts/calls
- Through video chats, FaceTimes, or videogame chats
- I do not feel like I am connecting with friends and peers

Is there anything else you would like to share with us?

Your answer

### Section 6

**BE  
GENTLE  
WITH  
YOURSELF,  
YOU'RE  
DOING THE  
BEST YOU  
CAN.**

Submit

# General Check-in: How are you?

## How can I help: (Students)

### Complete as needed

#### Section 1

#### Section 2

### How Can I Help?

If I can help with ANYTHING, please let me know! I doesn't always have to be schoolwork!



How are you feeling today?

- Happy
- Sad
- Excited
- Angry
- Meh
- Other: \_\_\_\_\_

What is making you feel this way?


Your answer \_\_\_\_\_

How can I help?

Your answer \_\_\_\_\_

# Learning Support Check-in (academic and mental health for students)

Completed on days opposite of Live Learning  
Support Center/Resource room days

	<p>What assignments did you work on today during your LSC class time? *</p> <p>Your answer</p>
<h3>Learning Support Center Check-in Form!</h3> <p>Please fill this out on days you are not in LSC with me.</p> <p>* Required</p>	<p>What assignments (if any) do you need help on? *</p> <p>Your answer</p>
<p>How's it going? Tell me how you are!</p> <p>Your answer</p>	<p>Any other questions for me? Please include anything you are wondering or are struggling on! *</p> <p>Your answer</p>
	<p><b>Contact Information:</b></p> <p>1.) Email -</p> <p>2.) Send me a schoology message by clicking on the envelop icon at the top right hand side of your schoology home page!</p>

These were all created using google forms!