#### **Examples of Mental Health Check-ins:**

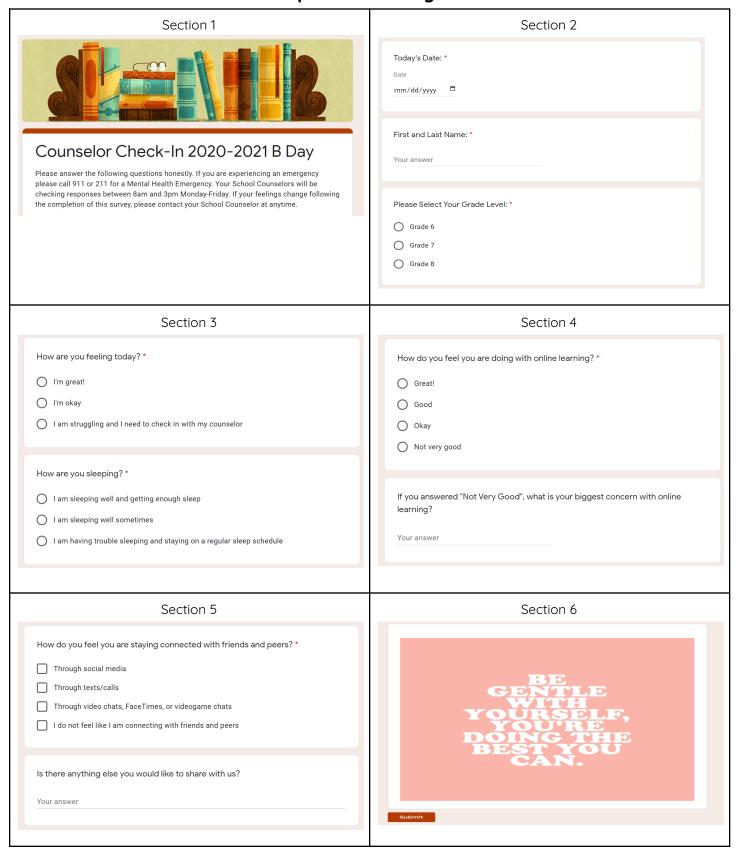
**Setting:** These will work in any setting. You can change the questions and answers to meet the needs of all students. Google forms can be completed on any device that has internet access.

**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



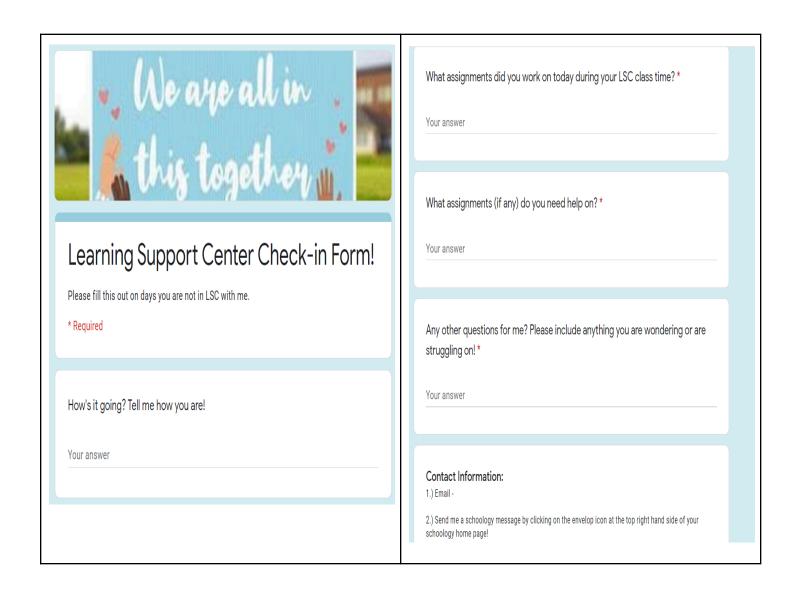
# General Check-in: How are you? How can I help: (Students) Complete as needed

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
	Codd Codd Codd Codd Codd Codd Codd Codd

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

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



These were all created using google forms!