Daily Check in

This activity allows you to get a quick read on how kids are feeling and gives you a chance for everyone to build relationships, get used to talking in the classroom with pressure, and builds a sense of trust and belonging for everyone in the classroom.

Write the following on the board or on a poster so students can see it when they are asked to share. Give students options to participate at a level they feel comfortable at, but they can’t opt out. For example, when asked how they are doing they can do a thumbs up/down/sideways, or whisper to you to share, but they can’t choose not to participate. If students come in late you can do this check in as they come in the door and/or later in class. As the teacher, you can ask if anyone wants to start and if not, you can start. Prompting students who have trouble thinking of what to share can be helpful as well.

Questions:

1. How are you feeling today? Why? (the why is optional) The answer can be verbal or non verbal and they can elaborate, or not, as they feel comfortable. Ideas for sharing include thumb scale, number scale (ie. 1-10), sharing a word or sentence to describe, pick something that represents how you are feeling- ie. Animal- ie. Sloth- moving slowly today or Devils club- feeling a little prickly
2. Tell us something. (students pick something to share with the class- the following is a list of possible- it can be something as simple as what they ate for lunch, or a fact about themselves, up to more detailed sharing)
3. Share a fact about you or your family – favourite things/ likes/dislikes/ age/ number of siblings/ names of people/pets etc
4. Share something about a memorable experience
5. Share a memory
6. Show and tell
7. Tell us a short story about your life
8. Tell us a joke (school appropriate)
9. Give us a brain teaser
10. Share a fun fact/trivia
11. Share a current event
12. Share a question you have
13. Make a comment about something important to you
14. Make an observation about something
15. Other- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_