

STUDENT 5 MIN CHECK-IN FRAMEWORK

Choose a theme or virtue or principle that your students or classroom needs support with to personalize this practice.

1 min
Virtue/Theme: Explain/Example

1 min
Collective Breath: 3 breaths, connect each inhale and exhale with theme.

1 min
Check-in: Mood Meter, one-two word check-in, weather report, color, etc.

1 min
Reflection Tool: When could this practice be helpful, how has your mood shifted?

1-2 min
Closing: Collective breaths, affirmations, power pose, etc.

Additional practices for reflections and closing:

Contemplative Closing

1. Find a quote connected to the theme/topic
2. Share an affirmation connected to theme/topic

Create an affirmation/quote wall, folder, or jar and revisit them as needed.

Collective Closing

1. Invite ideas for a shared goal or intention for the class/group
2. Plot a plan of action as a group

Post your collective closings in an easy to see space to keep everyone inspired!

Creative Closing

1. Invite creative expression through drawing or journaling (students' choice)
 - how you feel now
 - goal or intention you are setting
 - person, place, or thing that makes you happy
2. Play upbeat music and encourage fun movement/dance