



STOP, BREATHE & THINK

CHECKING-IN



When students and teachers enter the classroom, backpacks and textbooks aren't the only baggage they bring with them. Everyone enters the room in a different mental, emotional and physical state, which often affects their readiness to learn. Use the Stop, Breathe & Think app or downloadable posters and worksheets to help students identify specific words to describe how they are feeling mentally, physically and emotionally.

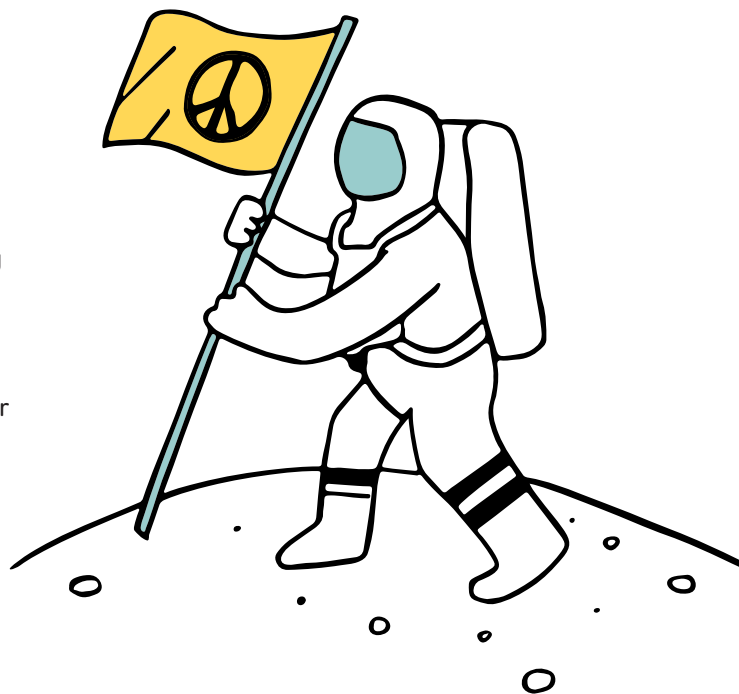
These check-in activities can be used at the beginning of class or as a way to transition from one activity to another.

SCRIPT

We're going to try an activity right now called "check-in," where we use our inner detective to check in with ourselves the way a good friend or a good listener would. You are going to notice how your mind, body and emotions feel in this moment, not yesterday or tomorrow, but right now.

Place your hand over your heart, and notice what emotions or feelings are there. It is OK if they are simple or complicated; just notice.

Now, choose 3 words from the check-in posters or worksheets to describe how you feel.



Teacher models choosing 3-5 words to describe how they are feeling.



Students can draw or write down how they are feeling to track their everyday emotions.



Opportunity for a sharing circle with students.