


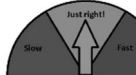




Feelings & Opening Check-in Questions

1. What color is your day? / What color is your feeling?
2. What animal are you today? What animal is your mood?  
3. What number are you feeling? (0-10 Likert style) *teach first
4. What weather is your mood? (stormy, rainy, sunny, etc) 
5. Show me your how your feeling: thumbs up, down or in the middle?
6. Engine plate visual (Low, Just Right, High Energy) from Karen Purvis, TBRI 
7. What song describes your mood right now? What song are you feeling?
8. What's your hashtag right now? What hashtag describes your mood? **#**
9. What would your facebook status update be? / Insta story?
10. Tell me one "good" thing? (anything good about today, recent, life...)
11. What superpower do you need today? 
12. How are you feeling today? Show me how big your feeling is.
13. One thing you are grateful for today
14. Draw "All my feelings" 
15. Feelings check in sheets (faces, numbers, thermometer, strategies)

Check-in questions should be brief and can be done with an individual, group or even class.

Depending on the environment you can build relevant expectations, ex. Everyone must respond, take volunteers, pass the talking piece, individuals can 'skip' or 'pass' etc.

In order to build buy-in and connect, ask questions you also feel comfortable answering.

Scaffolding Ideas: Based on your age group and language level you can provide limited choices, visuals that accompany your choices, or a word bank. Helpful way to expand vocabulary for ELL's.

