

Student Support Tools for Emotional Wellness

Helping students feel safe, seen, and supported goes beyond academics. These simple tools can be used in classrooms, counseling offices, or calm spaces to promote emotional regulation and mental well-being.



Check-In Tools

Use daily feelings check-ins, mood meters, or “How are you today?” charts to help students name their emotions.



Coping Strategy Cards

Quick visual prompts for calming breaths, movement breaks, and positive affirmations.



Noise-Canceling Options

Headphones or quiet corners for students who feel overwhelmed by noise.



Expression Journals

Let students write or draw their thoughts and feelings during breaks, transitions, or difficult moments.



Creative Calm Activities

Coloring pages, sensory bins, fidgets, or mandalas to support nervous system regulation.



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