



TWO WORD CHECK IN

CASEL Competency

Self Awareness, Social Awareness

SEL*f Component

Settle In or Closing

Purpose

Enhances emotional awareness, promotes authenticity, builds community.

Materials

None

DESCRIPTION

1. Find a comfortable seat and settle into our community circle.
2. Place both hands on your heart, and connect to your breath. Keep a soft gaze or close your eyes. Take a deep breath in, and a deep breath out.
3. As you continue to breathe, notice how you are feeling right now. What emotions are you experiencing inside you? Every emotion is welcome; give yourself permission to be exactly as you are. Take a few more moments here to connect to how you are feeling.
4. Now, chose two words to describe how your you are feeling.
5. When you have your two words in mind, softly open your eyes.
6. To close this experience, we will take turns sharing our two words around the circle.



Click here to learn more about Breathe For Change's trainings and professional development opportunities.



REFLECTION QUESTIONS

What two words did you choose to describe how you are feeling?

How did it feel to connect to your feelings?

What was it like to describe your feelings in two words?

What was it like to hear everyone else share their two words?

SENTENCE FRAMES

I feel _____ and _____.

It felt _____ to connect to my feelings.

It was _____ to describe my feelings in two words.

It was _____ to hear everyone else share their two words.

PEDAGOGICAL POINTERS

PRE-K – 1ST DIFFERENTIATION

Before this activity, brainstorm a list of feelings with students and draw and label these facial expressions on the board or a poster in order to develop their emotional awareness. During the exercise, offer young children examples about how they might feel to cultivate their mind-body connection (e.g., perhaps you are feeling excited and energized, or happy and confident! Or, maybe you are feeling sad and tired, or angry and afraid). Developmentally, some students will likely choose the same words as you or their peers; encourage these children to use new words by either draw their feeling faces before sharing aloud or whispering their two words to themselves before sharing all together.

2ND – 5TH DIFFERENTIATION

Build students' emotional vocabulary by providing more complex examples of feeling words when first introducing the activity (e.g., perhaps you are feeling overjoyed and grateful, or surprised and connected! Or, maybe you are feeling introverted and inspired,

or frustrated and motivated). After several rounds of practice, you can invite them to check in and find two words without needing to offer examples.

PREPARATION

Make sure that students have plenty of time to center themselves and connect to their breathing before asking them to choose their two words. It is important to give them space to tap into their authentic emotions before asking them to settle in on two words.

VARIATIONS

You can invite students to share a word, two words, or a sentence—whatever you feel is right in the moment.

DAILY PRACTICE

This is an effective strategy to incorporate into your daily routine; you can use this to take pulse of where everyone in the community is at the start or end of class or during community circle.

[Click here to learn more about Breathe For Change's trainings and professional development opportunities.](#)

This lesson plan is taken from the Social-Emotional Learning and Facilitation (SEL*F) Manual distributed in Breathe For Change's 200-hour Wellness, SEL and Yoga Teacher Training for Educators. We ask that you do not use these materials as part of any paid-for training or consultation. If you wish to use any of these materials for a presentation outside of your school community or organization, please credit Breathe For Change and contact us in advance.





TWO WORD CHECK IN

CASEL Competency

Self Awareness, Social Awareness

SEL*f Component

Settle In or Closing

Purpose

Enhances emotional awareness, promotes authenticity, builds community.

Materials

None

DESCRIPTION

1. Find a comfortable seat and settle into our community circle.
2. Place both hands on your heart, and connect to your breath. Keep a soft gaze or close your eyes. Take a deep breath in, and a deep breath out.
3. As you continue to breathe, draw your attention to how you are feeling right now. Feel into these emotions, and give yourself permission to be exactly as you are. Take a few more moments here to simply connect to how you are feeling.
4. With this awareness and inward focus, chose two words to describe how your you are feeling.
5. When you have those two words in mind, softly open your eyes and come back into the space.
6. To complete this experience, we will go around the circle and share our two words.



Click here to learn more about Breathe For Change's trainings and professional development opportunities.

REFLECTION QUESTIONS

What was it like to give yourself permission to be exactly as you are?

How did it feel to acknowledge your feelings?

What was it like to choose two words to describe how you are feeling?

What was it like to hear everyone else share their two words?

How did this experience impact our classroom community?

PEDAGOGICAL POINTERS

PREPARATION

Make sure that students have plenty of time to center themselves and connect to their breathing before asking them to choose their two words. It is important to give them space to tap into their authentic emotions before asking them to settle in on two words.

VARIATIONS

You can invite students to share a word, two words, or a sentence—whatever you feel is right in the moment!

INCLUSION

Allow students who do not want to share in the circle to pass.

DAILY PRACTICE

This is an effective strategy to incorporate into your daily routine; you can use this to take pulse of where everyone in the community is at the start or end of class.



Changing the WORLD
One TEACHER at a Time

[Click here to learn more about Breathe For Change's trainings and professional development opportunities.](#)

This lesson plan is taken from the Social-Emotional Learning and Facilitation (SEL*F) Manual distributed in Breathe For Change's 200-hour Wellness, SEL and Yoga Teacher Training for Educators. We ask that you do not use these materials as part of any paid-for training or consultation. If you wish to use any of these materials for a presentation outside of your school community or organization, please credit Breathe For Change and contact us in advance.