

Virtual 'Temperature Checks'

GOAL: Re-create the same routine check-ins or class opening activities that you typically do to ensure that students are still continuing their emotional education at home and have opportunities to label how they are feeling during this volatile, stressful and scary period of time.



Instructions:

- OPTION 1: If you already use [ClassDojo](#), [Remind](#), or a similar family-school communication app/service, ask students to select an emoji that matches their mood each morning.
- OPTION 2: When hosting Zoom calls with students, open up the meeting by asking students to give you a thumbs-up, thumbs sideways (*meh*), or thumbs-down to describe their day or week so far. (You can also encourage them to email you selfies of their thumbs!)
- OPTION 3: Send out a [Google Form \(you can copy and adapt/customize ours!\)](#) as a quick, asynchronous way for students to tell you how they are feeling.



Source:

Related Research: [Emotion Regulation and Classroom Management](#)