



## Checking in With Emojis

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*Brain science tells us that adolescents are undergoing rapid physical, psychological and social development, which involves various emotional reactions. Showing you care about your students' emotions can help build trusting relationships in the class. Consider using an emoji emotion scale to provide your students with an opportunity to translate their current feelings. The emoji check in can be quick and informs you of the adjustments you can make for your student so they can refocus and learn how to manage their emotions.*

*The emoji emotion scale can be used as a header or footer on handouts or on a teacher clipboard so students can quickly and quietly point to how they are feeling. We've provided some guidelines below on when and how to use the scale.*

### HOW ARE YOU FEELING RIGHT NOW?

PROUD	GOOD	HAPPY	HOPEFUL	CONFUSED	DISTRACTED	STRESSED	IRRITATED	HURT	ANGRY

WHEN	INTRODUCE	EXAMPLE
Emojis can help you check in during: <ul style="list-style-type: none"> <li>• Transitions into class at the beginning of a lesson</li> <li>• Individual work time, prompting quick conferences with a student, AND</li> <li>• Group work when certain students are not engaging with their peers</li> </ul>	Before the first use, explain the purpose and process of using the emoji emotion scale. Ask the following: <ul style="list-style-type: none"> <li>• Do the emojis match emotions that you feel during the school day?</li> <li>• How and when might this scale help support you during class?</li> <li>• Is there something we can add or change to the scale that you think is missing?</li> </ul>	<p>Teacher walks over to a student who has their head down on the desk.</p> <p><b>Teacher</b> (pointing to the scale): I just wanted to check in - how are you feeling right now? You can just point to one of these.</p> <p>Student points to "angry" emoji.</p> <p><b>Teacher:</b> Do you want to talk about it?</p> <p><b>Student:</b> No.</p> <p><b>Teacher:</b> Okay, thank you so much for sharing. Hang in there. If it helps, take a 2 minute water break and I'll check in with you again in 10 minutes. I'm always here for you.</p>