



Social Emotional Learning

Quick Questions to Stay Connected to Your Students' Wellness

These questions should ALWAYS be optional with no penalty for not answering

<p><i>Hope</i></p> <p>Self-Concept, Self-Awareness, Self-Management</p>	<ul style="list-style-type: none"> ★ One thing I'm looking forward to this week is _____" ★ True / False There's something you look forward to or enjoy at school? ★ What's something you look forward to or enjoy at school? ★ What is something you are really looking forward to in 1 year? 5 years? 10 years? ★ What dream do you have for the future? ★ If you could look back at your 6th grade self, what might you offer as advice? ★ Let's pretend you get famous. What would you be famous for?
<p><i>Optimism & Gratitude</i></p> <p>Self-Concept, Self-Awareness</p>	<ul style="list-style-type: none"> ★ What's going well this week? ★ What's something you accomplished this week? ★ What is 1 thing you are thankful for today? ★ Worried about this test? Our thoughts influence our feelings and body. Even if you don't believe it yet, write down a negative thought you're having related to this test, then flip it and write the positive alternative. This is called negative to positive self-talk! For example... (or give a negative thought and have them write a positive alternative) ★ Self-talk is the way you talk to yourself. This inner voice affects how you feel and what you do. Since your own voice is the one you hear the most, it is important to attend to the messages in your head. What messages have you been telling yourself this week? ★ Who has helped you who you might want to thank? How do you want to thank others? ★ What is something you did that was helpful to someone else or what did someone else do that was helpful to you this month? <p>Additional Idea: Give each student a blank notecard. Offer them the opportunity to create a gratitude message to share with someone who helped them, was kind, or has made a difference. Recipients could be family members, school staff, coaches or activity leaders, friends, etc. Expressions of gratitude can take the form of a personal letter, an email, a note left in a locker or on a desk, a text message, etc. The format should suit the student and the recipient.</p>
<p><i>Connection</i></p>	<p>Connecting with other people is an important thing we can do to help our mood and build resilience, both in ourselves and others. The people and creatures in our support circle can provide us with many different types of support.</p> <ul style="list-style-type: none"> ★ Yes/No: I feel connected to 1 or more adults at school. (This may be any staff member that makes you feel cared about. It's okay to say that you don't feel connected with any adults at school).

<p>Social Competence, Relationship Skills, Social Awareness</p>	<ul style="list-style-type: none"> ★ Yes/No: I feel connected to 1 or more classmates or other peers at school. (This may be a friend or person who makes you feel cared about. It's okay to say you don't feel connected to any students at school.) ★ Who holds you accountable to what you say you're going to do? ★ Who helps you feel better when I am having a tough day? ★ Who can you go to when you need a good laugh? ★ Who can you go to when you need help with things like fixing something, homework, or other projects? ★ What are some things that an adult at school could <i>do or say</i> that would make you feel comfortable, welcome, and that you can trust? ★ What are the character traits of an adult at school that would make you feel comfortable, welcome, and that you can trust? ★ List somewhere you feel positively connected to and could go to if you need support or to feel your best: _____. (Consider doing a group share with Jamboards/post-it's to build everyone's resources. Examples may be web-based, membership, or locations)
<p><i>Empathy</i></p> <p>Emotional Development, Social Awareness</p>	<ul style="list-style-type: none"> ★ How do you define empathy? ★ In what ways do you put yourself in someone else's shoes? ★ What role has empathy played in your life? ★ How does a family, a classroom, and a society benefit from empathy? ★ Where do you think empathy is missing in our society? In what ways might you positively impact this area? ★ What do people do that helps you to feel understood? ★ If someone could put themselves in your shoes, what might they learn about you?
<p><i>Resilience</i></p> <p>Mental Health/Wellness, Self-awareness, Self Management, Responsible decision making</p>	<ul style="list-style-type: none"> ★ Many times, volunteerism contributes to one's own wellness and resilience. What's 1 small thing you can do to serve or help your school or community or for someone else today? ★ What are you doing when you feel the best about yourself? ★ When your homework gets hard for you, what helps you? ★ Think about a time when you overcame a challenge, how did you achieve this? ★ What's a challenge you have this week? What will help you persevere to overcome or help with this challenge? ★ What helps you to get ready for a test, concert, big game, meet, or something else that might be hard?
<p><i>Coping</i></p>	<ul style="list-style-type: none"> ★ On a daily basis, how nervous, stressed, or overwhelmed do you feel? (1-5 scale, 1: not at all, 5: very) ★ On a scale of 1-5 how stressful is this week for you? (1=not at all stressed/5=very stressed) ★ Things or places at school that cause me to feel nervous, stressed, or overwhelmed are: (check all that apply - tests, students, grades/homework, personal life, current events, adults at school, the cafeteria, other_____, none, I'm not nervous, stressed, or overwhelmed at school) ★ Are you able to handle your stress and worries? (1: not at all able - 5: very able) ★ (Consensogram) - Place a dot by the things that help you feel better. You can use as many or as

**Mental Health/Wellness,
Self awareness,
Relationship skills,
Responsible Decision Making**

little dots as you'd like. → Options: exercise or movement, talking to someone, listening to music, being outside, deep breathing, hobby or interest, I'm not sure yet.

- ★ What's one small goal you have for yourself today? What will keep you on track to achieve this goal? What is your first step? How will you celebrate when you make progress or meet your goal?
- ★ What helps you feel better when you're having a tough day?
- ★ What do you want to accomplish in class this week?
- ★ What has your sleep been like this week? How many hours was it? Did it feel like enough?

Belonging and Community

**Self-Concept, Self-Awareness,
Social-Awareness, Decision
Making, Relationship Skills**

- ★ Gather student feedback on the effectiveness of instruction. Ask students what holidays they observe, languages used, etc in order to acknowledge 'windows' into other cultures and 'mirrors' where students see themselves in material and learning.
- ★ It's important to me that I learn each of your names. If you spell out the pronunciation of your name, how does it sound? (ex. Alice sounds like "A-liss")
- ★ What five words describe you best?
- ★ I feel valued by the community. Yes/No
- ★ I receive encouragement at school. Yes/No
- ★ When are you able to be the most authentic version of yourself? Who are you with?
- ★ Do you feel valued at school? (thumbs up, side, and down scale on paper) OR T/F
- ★ True/False I feel valued in this classroom.
- ★ How well do you feel like you belong at school/in this classroom (1-10)
- ★ True / False I feel a part of (school/classroom).
- ★ People notice when I'm good at something. (T/F or never-sometimes-often)
- ★ True / False People in this classroom value my opinions.
- ★ T/F I feel accepted here.
- ★ T/F I feel like I can be my authentic self at school/in this class
- ★ What can people at school do to show you they respect and value you?
- ★ I feel proud to be a (insert mascot/school). (scale or T/F)
- ★ I know about the student clubs, teams, or activities I could join at school.
- ★ I know how to report if someone is harassed or bullied. (T/F or scale).
- ★ What's something you see on the walls at school that makes it feel like a place for you?
- ★ How do you express your creativity?
- ★ What 5 things would you take with you on a deserted island and why?