

Checking in on students' emotional states at the beginning of the day can set you up to support their emotional well-being throughout the day. It's helpful to conduct activities that check in with students about their feelings during morning meeting. Be sure to follow up with students on their feelings after conducting the check-in activity. The first step to managing emotions is the ability to identify them. Once students have mastered the ability to identify their emotions, lead a discussion about the fluid and ever-changing nature of emotions. Provide students with concrete ideas on things they can do to change their emotional state. Use the activity ideas below to integrate a discussion about emotions into your daily morning meeting:

### "How are you feeling?" Activities

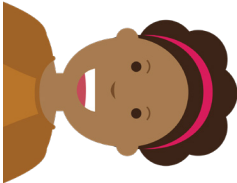
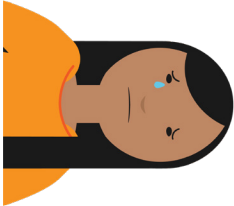

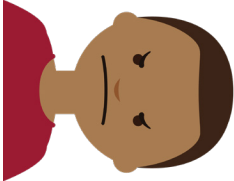

- **Chart:** Use the attached template to create an emotion check-in chart. Attach the emotion visuals to the top (based on each student's ability to distinguish between different emotions, expand on the number of emotions to choose between). During morning meeting give students the opportunity to place their picture or name under the emotion that represents their current emotional state. Talk with students about why they are feeling that way and, if appropriate, brainstorm ways to change their emotional state. Consider allowing students to move their names/photos on the chart throughout the day to reinforce the idea that emotions change.
- **Jars:** Use mason jars, vases, or other transparent containers. Affix the attached emotion visuals to the containers to label each one with a different emotion on the front (based on each student's levels, expand on the number of emotions to choose between). Give each student a marble, ping pong ball, or pom-pom. Have students take turns putting their ball in the container that represents their current emotional state.
- **Mailboxes:** Use small mailboxes like those you would find at a craft store. Place one of the attached emotion visuals on each mailbox. Have students put their photo or name in the mailbox that represents their current emotional state. This activity is a good choice if you have students who are uncomfortable discussing their feelings in front of the class. Follow up with students after the activity to help them cope with or acknowledge the feeling that they are experiencing in a more private setting.

### Materials:

- *Emotion Visuals* (provided)
- *"Changing Your Emotional State" Chart* (provided)



“Changing Your Emotional State” Chart

			 <b>Happy</b>
			 <b>Sad</b>
			 <b>Excited</b>
			 <b>Angry</b>
			 <b>Worried</b>