



## Benefits

Including opportunities for students to check in with themselves and each other creates a supportive classroom environment and enhances social connection.

## Overview

**Small or Mid-Sized Classes:** In small or mid-sized classes, invite everyone in the room say 1-2 words about how they are doing that day (are they tired, happy, excited, nervous, etc).

**Large Classes:** In very large classes you can use online polling, surveys, or other applications to do a multiple choice check in. Invite students to pick one of several options that best reflects how they feel that day (options could include good, tired, overwhelmed, excited, stressed, happy etc). Alternatively, invite students to share their response with the person beside them.

**Guidance on how to respond to what is learned from the activity:** Acknowledge that during various points in the term it is common for students to experience stress, tiredness, or any other experience that comes up. Encourage them to take care of themselves and one another in these times and to reach out for support when needed. This is a great time to let them know about course specific office hours for academic support or additional resources.