

Our daily check-in

1

Settle in.

Find your seat and take a breath.

2

Notice how you feel.

Right now, not this morning or yesterday.

3

Check in on YouHue.

Pick the feeling that fits.

Add a few words if you want to.



4

That's it.

Your teacher sees it. Other students don't.

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2

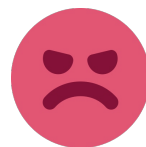
Notice how you feel.

Right now, not this morning or yesterday.

3

Check in on YouHue.

Pick the face that fits, then pick why.



4

That's it.

Your teacher sees it. Other students don't.