

MINDSET CHECK-IN & CHECK-OUT

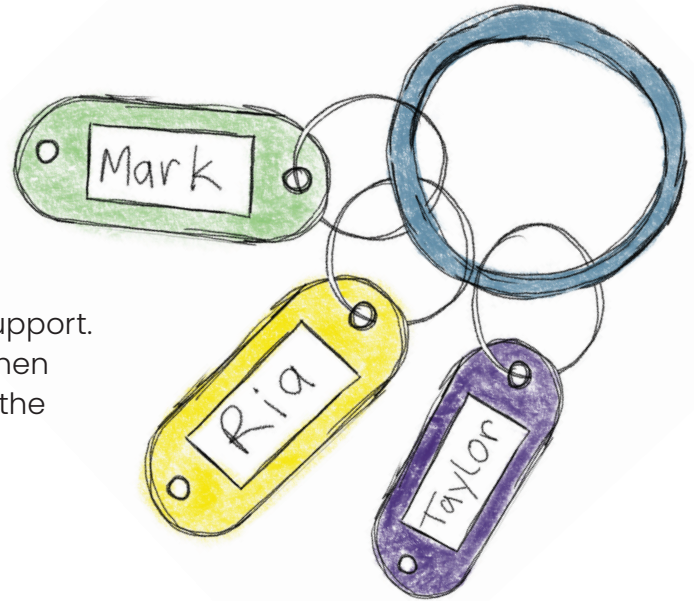


MATERIALS:

- A key chain
- 3-4 name tags/keys

INSTRUCTIONS:

1. Pick 3-4 children who you want to monitor & support. You may want to start with just 1 student and then gradually add others. Label each key/tag with the name of 1 student.
2. With the help of the counsellor:
 - Create a morning check-in question
 - Create an afternoon check-out question
3. Each morning, remove the key/tag and hand it to the student as you ask the check-in question. You may wish to develop a strategy with each student to ensure that the key/tag doesn't get misplaced during the school day.
4. Each afternoon have each student hand in the key/tag as you have the check-out conversation.



EXAMPLE:

A student has been having outbursts directed at other students. The student has set a goal to practice using kind words.

Check-in - What is that goal you're working on. What are some ways you could use kind words today?

Check-out - Were you able to use kind words today? [thumbs up, thumbs down or 1 up & 1 down]. Tell me about some kind words you used. How did that make you feel? How can I support you tomorrow?

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