

Emotional checks ins

what are they and how do you use them?

Emotional check ins are a regular, planned opportunity to check in with children and colleagues. They allow children the opportunity to think about how they are feeling at a particular time and if they need any help or support.

Upon the return to school following the Covid-19 pandemic fostering emotional literacy will be very important in supporting the developing of relationships within school. Many children will be feeling concerned or anxious and find it difficult to express this.

Emotional check-ins support children to become more aware of their feelings and, within a trusting relationship, share them with others.



Tips for using check-ins

- Explain to the children what they are and why you are using them
- Model "checking in" yourself
- Provide ways for children to share their emotion privately (post-boxes)
- Discuss the feelings ahead of using the approach so all children understand the feeling
- Normalise all feelings and highlight that it is okay to express any emotion
- Use them through-out a day, this helps to track changes in moods and feelings
- Provide opportunities for children to have 1:1 time to plan any support or help they may need