

A QUICK GUIDE TO

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INSIGHTS FOR WELLBEING

HOW CAN TEAMS BE USED FOR WELLBEING?



Use Education Insights to get at-a-glance views on your class's emotional state and wellbeing. Insights in Microsoft Teams uses at-a-glance data views to help educators track their students' Teams activity and Reflect insights. Educators are kept informed on trends in student activity and can highlight potential wellbeing problems early.

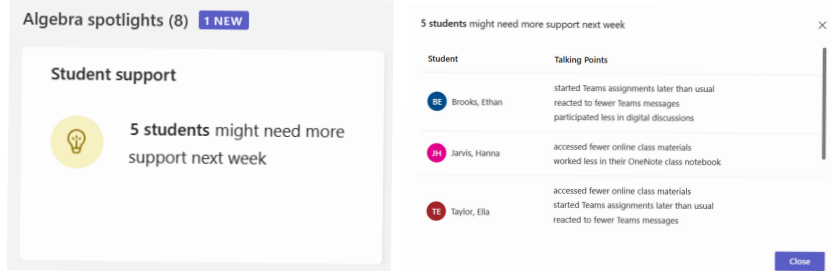


5 SECOND SPOTLIGHTS

Shine a light on actionable pieces of class data. Use them as a quick update or reason to investigate further.



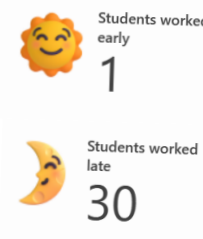
AI-based Student support spotlight cards are designed to help educators differentiate attention to support students before they fall behind.



The spotlight identifies students in the class who have demonstrated concerning activity signals, then highlights indicators such as disengagement that students have displayed.

5 MINUTES ACTIVITY OVERVIEW

View the time of day pupils are working to identify patterns if pupils are working late at night or early in the morning.



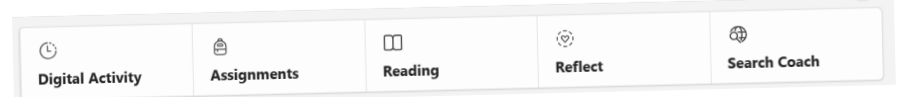
Use insights to support pupils who may be catching up on work most nights or doing homework late at night and identify possible wellbeing concerns.

30 MINUTE REPORTS



Insights sorts Reflect check-in responses into those posted in a Teams channel and those embedded in Class Notebook.

In the digital activity report, see the exact times students were active online and what files they were accessing.



In the Reflect Report, see the Emotion distribution tab to view at-a-glance data showing how each student has responded to Reflect check-ins. Hover over the bar graph for more detailed breakdown of the feelings they reported.

Student ↑	Participation	Yesterday 21:32	Yesterday 21:32	30 Nov 21:32	29 Nov 21:32
AK	17 / 29	Skeptical	---	Stressed	Happy
AS	13 / 29	Stressed	---	Stressed	Happy
BW	11 / 29	---	---	---	---
BD	17 / 29	Happy	---	Stressed	Happy
BW	17 / 29	Happy	---	Stressed	Confused
BM	17 / 29	Happy	---	Stressed	Annoyed

5 MINUTES REFLECT OVERVIEW

Reflect overviews show you how students mood have changed, notice trends in class moods and see word clouds of the emotions pupils have identified.



This can help to identify patterns and build targeted support. Regular Reflect usage can be a great starting point for social and emotional learning opportunities in your class.



5 Second Spotlights
Spotlights highlight key data points and trends in student activity and wellbeing.



5 Minute Overviews
Overviews provide a summary of student activity, moods and engagement.



30 Minute Reports
Reports offer detailed information on digital activity, engagement, wellbeing and more.