

HOW TO "CHECK-IN" WITH STUDENTS

OUR #1 WAY TO ENGAGE STUDENTS



WHY "CHECK-IN"?

There is power in the “check-in.” Having a trusted adult “check-in” can make all the difference for the student who feels like nobody understands them or even cares.

At Teen Life, we approach the “check in” with a simple scale called “Fist-to-Five”. This scale allows the student to assign some kind of value to how they are feeling, thus creating a clear path to conversation! And the crazy part is, they don’t even have to talk.

This simple exercise only requires one hand and some good questions. With approaches like this, we get to “check-in” on students on their terms, and helping them imagine a better future.



"FIST-TO-FIVE"

Have students make a fist. On this scale, “fist” means bad. zero. low. the worst. Then, have students hold up 5 fingers. “Five” means the best. never better. awesome!

Now, ask a question and have them hold up a number between “fist” and “five” to represent how they are feeling. An example could be, “On a scale of fist-to-five, how is your day going with fist representing a terrible day and five representing the best day ever?” This is an easy way to check on a student or group of students!

*An important reminder: the goal is not to get every student to be a “five” all the time. We “check-in” because we care. We want to know where they are so we can help them grow, even if that means moving from a two to a three.

8 QUESTIONS TO "CHECK-IN"

1. How is your day going so far?
2. How do you feel about school?
3. What do your relationships look like right now?
4. How are you feeling about yourself?
5. How much stress do you have in your life?
6. What needs to happen to go one number higher?
7. What would it look like if your number was higher?
8. How can I help?



Imagine having conversations like this on your local school campus with students during the school day! Interested? Sign up for training updates to get early access to our Online Facilitator Training coming Spring 2020!

www.teenlife.ngo/training