

CHECK IN WITH STUDENTS

USING FIST-TO-FIVE TO SCALE TEENS

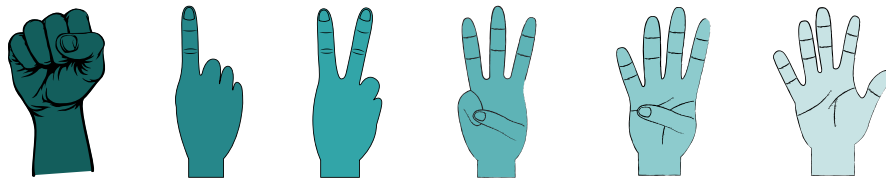


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FIST TO FIVE

At Teen Life, we approach often “check in” with students using 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.



**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!

FIVE FIST-TO-FIVE QUESTIONS

1

On a scale of Fist-to-Five, with 'Fist' indicating the least and 'Five' indicating the most, how much stress do you feel like you have in your life?

2

How do you feel about yourself in general today, with 'Fist' indicating you feel the worst about yourself and 'Five' indicating you feel great about yourself?

3

On a scale of Fist-to-Five, how close do you feel to another person right now, with 'Fist' indicating you don't feel close at all and 'Five' indicating you have an incredibly close relationship?

4

How motivated are you to do really well in school, with 'Fist' indicating you are not motivated at all and 'Five' indicating you are as motivated as anyone could be to do well in school?

5

How much hope do you have for the future with 'Fist' indicating you don't have any hope and 'Five' indicating you are extremely hopeful?