



#GetLoud

about what **MENTAL HEALTH** really is.

Mental Health Check-In: It's ok to not be ok

It's called a Mental Health Check-In. It went viral on Facebook and Instagram and it might just change the way your students express how they're feeling in your classroom. It might also change how you interpret and respond. It might just change the way the day goes for your kids. Or make a huge difference in their lives.

It's not always possible to tell how your students are feeling, or if they need support. This board offers a very simple way to check in on how your students are feeling. It creates opportunities both to check in and to get insight into behaviour. This activity also lets students know you're there for them if they need help and it conveys the message that it's ok to not be ok all the time.

Here are some examples of the Check-In board that we found on social media.



What you'll need:

A white board, or some poster board and markers

Post-it notes

How to do it:

Take some poster board, or use the white board in your classroom, and entitle it “Mental Health Check-In.” Write a range of feelings down the left side, using the following categories (or others that might resonate for your students, depending on their ages).

I’m on top of the world

I’m feeling great

I’m feeling good

I’m feeling ok

I’m feeling blah

I’m struggling but I’m ok

I’m struggling and I wouldn’t mind some help

I’m in a very dark place

Now, pass around some post-it notes, ask your students to write their names on the back, and then encourage them to post under the category that reflects how they’re feeling.

Review the post-it notes as soon as possible so that you can respond quickly if you need to. Check in on the students who have specifically indicated they’d like some help, and even those who say they’re ok, but struggling.

When to deploy:

Unveil it on Monday morning to touch base on how the weekend went, maybe right after morning announcements. Alternatively, check in on a Wednesday morning or at the end of the day, to find out how the week is going. You might want to feature this as a standing check-in throughout the year.

Here’s the [viral post](#) on Facebook from grade 8 teacher, Jessie Cayton. You can also read more about her check-in activity [here](#). The same tool is featured on Instagram [here](#).