

Best times for students to check-in with their emotions

Congratulations on bringing YouHue into your classroom! Now, it's time to use your resources to their maximum potential. One way to optimize YouHue is to implement it at proven-effective times.

But first, remember that the best time to have your students check in with YouHue is *the time that works best for you*. We don't want this to feel stressful, or like another thing you need to squeeze into the day. Use the information below as a starting point, and move forward with what works best in your classroom from there.



Morning check-in

Getting students involved in social-emotional learning first thing in the morning can set their day off on the right foot. This check-in period is also helpful when children are struggling with at-home challenges, as their emotions will be fresh on their minds. And when you know what kids are going through outside of the classroom, you'll be more likely to know how to support them while they're at school.

During Recess

This is a more creative option, but it allows YouHue to be used on days when there just isn't enough class time. YouHue is also student-led, so it can be introduced to learners as an open-ended, individual activity that can support their mental health on their own time.

After Lunch

YouHue is an excellent transition supporter, catching children's interest as they move back into the classroom. Within this time frame, kids may also be more likely to share their feelings about peer-to-peer challenges after interacting with friends over their recent meal.



Before or After an Exam

Tests bring up all sorts of emotions. Use YouHue to check in with students about their feelings regarding their upcoming exam. Assign a deep-breathing activity to help calm their nerves before beginning their work.

After Sports Practice

Use YouHue after sports practice to help children soak in everything that happened during the day. Physically, even your most active students will be ready to sit down and reflect after gross motor games. This time period may also be more likely to capture the social-emotional skills that students need support in, since so many are utilized in sports.

End of the Day Reflection

Wrap up the school day by having students reflect on their emotions and experiences using YouHue. This check-in time can serve as a closing activity, allowing students to process their day and express any lingering thoughts or feelings. It also provides an opportunity for teachers to gain insights into students' overall wellbeing.