

## Lesson Plan 2

### Check-In or Exit Ticket

#### Objective:

Teachers will quickly be able to understand and respond to how their students are feeling after completing an assignment, exam, or at the end of the school day.

Grade levels: 6 – 12

1. Provide students with a Student Check-In Worksheet, also known as an Exit Ticket, which allows them the opportunity to share the emotions they are currently feeling, along with the intensity with which they are being felt. See [Student Check-In Worksheet](#).
2. Work with your school mental health contacts for support when students are experiencing strong feelings.

# Student Check-In

NAME\_\_\_\_\_

DATE\_\_\_\_\_

TIME\_\_\_\_\_

**What are you feeling right now? Pick up to 3.**

Sad	Stressed	Scared	Overwhelmed	Panicked	Tearful	Worried	Angry
Annoyed	Nervous	Disappointed	Hopeless	Afraid	Frustrated	Jittery	Lonely
Tired	Depressed	Shocked	Other: _____	Other: _____	Other: _____	None of These	

**How intensely do you feel this way?**  
**Rate each feeling on a scale of 1-5.**

1. This feeling is barely noticeable
2. This feeling is pretty mild
3. The intensity of this feeling is pretty average
4. This feeling is very strong
5. This is the strongest I have ever felt this way!

Feeling #1 \_\_\_\_\_

Rating \_\_\_\_\_

Feeling #2 \_\_\_\_\_

Rating \_\_\_\_\_

Feeling #3 \_\_\_\_\_

Rating \_\_\_\_\_