

SOCIAL-EMOTIONAL LEARNING · ALL AGES

# Wellbeing Daily Check-In

Routines and visuals

## Why this matters

Children walk into school carrying the weight of whatever happened before they came through the door — a row at home, a missed breakfast, a worry about a friendship, a difficult morning. The teacher who notices is often the difference between a child who has a good day and a child who unravels. But you cannot notice 30 children at once. A daily check-in routine is how you make 'noticing' systematic. It takes 2-5 minutes. It does not require deep emotional processing. It DOES require that EVERY child has a way of registering 'how I'm arriving today' — and that the teacher acknowledges it. Three routines below. Pick the one that fits your class. Don't run all three.

### Routine 1 — The Zones of Regulation poster

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### Routine 2 — How Am I Arriving Today wheel

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### Routine 3 — Whole-class wellbeing tracker

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### Three things to remember

1. **You are not the school counsellor.** A check-in is acknowledgement, not therapy. If a child reveals something serious, follow your school's safeguarding process. 2. **Privacy matters.** A child can decline to participate. A child can record privately. The point is the **OPTION** to be seen, not forced disclosure. 3. **Your own check-in matters.** Children mirror the adults around them. If you arrive frazzled and pretend otherwise, they notice the dishonesty. A teacher who can say 'I'm a bit tired today, give me 5 minutes' models healthy emotional honesty better than any poster.

