

Date : _____

Name: _____

Check-in!

Take a few minutes to reflect on today's lesson.

Step 1:

Assess your current level of knowledge by putting a checkmark in each of the applicable boxes.

	Not yet	Getting there	Yes
I understand what self-awareness , emotional regulation , self-compassion , self-care , and seeking help mean.			
I know what holistic health is.			
I can remember several different healthy outlets for expressing and processing emotions.			

Step 2:

How **confident** are you in your ability to apply these new skills in **a real life situation**? Check one of the boxes below.

Overall, I am very confident in my ability to practice mental health strategies (self-awareness, emotional regulation, self-compassion, self-care, and seeking help) when I am faced with stress or challenges in real life.	Getting there! I need to review and practice more in order to feel more confident applying these strategies in a real life situation, but overall I feel pretty good about it.	I think I need more time to learn and become comfortable with these strategies and how to apply them in a real life situation.
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Step 3:

What **comments** or **questions** do you have for your teacher? Write them in the space below: