

WEEKLY SOCIAL-EMOTIONAL CHECK-IN JOURNAL

Grades 3 – 6

A 36-Week Student Journal

- Monday: Mood Check-In
- Wednesday: Gratitude Prompt
- Friday: Weekly Reflection

Includes Teacher Tools:

- Trend-Tracking Dashboard
- Parent Introduction Letter
- Implementation Guide

Teacher Implementation Guide

Objective: To provide a consistent, structured opportunity for students to develop self-awareness and emotional literacy.

How to Use:

- **Monday:** Students circle their mood. Quick scan for immediate concerns.
- **Wednesday:** Gratitude practice to shift focus to positivity.
- **Friday:** Reflection on the week's learning and social interactions.

Digital Version: This PDF can be uploaded to platforms like Google Slides or Seesaw for students to type responses or use annotation tools.

Parent Introduction Letter

Dear Families,

This year, we will be using a "Social-Emotional Check-In Journal" to help students develop healthy habits for mental wellness. Each week, your child will have the opportunity to check in on their feelings, practice gratitude, and reflect on their week.

Research shows that students who can identify and manage their emotions are better prepared to learn and handle challenges. We encourage you to ask your child about their journal entries!

Sincerely,

Teacher Trend-Tracking Dashboard

Use this sheet to spot patterns (e.g., low moods on Mondays) or identify students who may need extra support.

[illegible]

Week 1

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____

2. _____

3. _____

What was the best part of your week? What will you do differently next week?

Week 2

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____

2. _____

3. _____

What was the best part of your week? What will you do differently next week?

Week 3

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____

2. _____

3. _____

What was the best part of your week? What will you do differently next week?

Week 4

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____
2. _____
3. _____

What was the best part of your week? What will you do differently next week?

Week 5

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____
2. _____
3. _____

What was the best part of your week? What will you do differently next week?

Week 6

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____
2. _____
3. _____

What was the best part of your week? What will you do differently next week?

Week 7

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____
2. _____
3. _____

What was the best part of your week? What will you do differently next week?

Week 8

How are you feeling today? Circle one.



Great



Okay



Tough

List 3 things you are grateful for this week:

1. _____
2. _____
3. _____

What was the best part of your week? What will you do differently next week?
