

Classroom Connection Check-In: A 15-Minute SEL Activity

Objective: Help students reflect on their mental health, identify sources of support, and set one small goal for the school year.

SEL Focus:

**self-awareness,
self-management
relationship skills**

discussion starter (2–3 minutes)

Ask students:

What helps you feel connected at school?

Invite students to think about:

- Friends
- Clubs or activities
- Teachers or counselors
- Family members
- Personal interests and hobbies

reflection activity (5 minutes)

Have students complete the following prompts:

One thing I'm looking forward to this school year: _____

One challenge I may face: _____

One person I can turn to for support: _____

One action I can take this week to support my mental health: _____

group discussion (optional)

Invite volunteers to share:

- A goal they're excited about
- A strategy that helps them manage stress
- A way they stay connected to others

closing reflection

Remind students:

You don't have to have everything figured out. Building connections, asking for help, and taking small steps forward are all part of supporting your mental health.