# Check In/Check Out

<table>
<thead>
<tr>
<th>Check In</th>
<th>Check Out</th>
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</thead>
<tbody>
<tr>
<td>A <strong>check-in</strong> is exactly what it sounds like. It is an opportunity to check-in on how everyone is currently doing in the virtual classroom. Check-ins continue to build and maintain established rapport and relationships. They also provide an opportunity to adjust instruction to match the needs of the group. Check-ins are intended to be brief, support student engagement and well-being.</td>
<td>A <strong>check-out</strong> is exactly what it sounds like. It is an opportunity to gauge how the group’s mood/energy has shifted. Check-outs continue to promote positive relationships with students. Check-outs are intended to be brief.</td>
</tr>
</tbody>
</table>

- **How are you feeling?** (e.g., verbal or gestural)
  - 1 – 5 (on a scale of one to five, one being the lowest, five being the highest)
  - Thumb up/thumb to the side/thumb down
  - Weather (sunny, cloudy, windy, rainy, etc.)
  - Name a song
- **Animal** (e.g., Lion – protection)
- **Roses and thorns** (high point and low point)
- **Using the first letter of your first name, use an adjective to describe how you’re doing** (e.g., Carla – content, Gabriel – good, Rachel – restless, etc.)
- **Using the first letter of your first name, use a verb to describe what you have been doing** (e.g., William – watch TV, Raphael – read, Miwa – make cookies, etc.)

- **How are you feeling?** (verbal or gestural)
  - 1 – 5 (on a scale of one to five, one being the lowest, five being the highest)
  - Thumb up/thumb to the side/thumb down
  - Weather (sunny, cloudy, windy, rainy, etc.)
  - Name a song
- **Something you are looking forward to**
- **Positive input to self/others** (e.g., filling buckets)
- **Positive statement about self**
- **Positive word about the person to your** (e.g., left, right, etc.)

The Code of Conduct with Students should be observed virtually as it would be in a physical setting (e.g. always have two or more students in a virtual classroom). [https://achieve.lausd.net/pbis rp](https://achieve.lausd.net/pbis_rp)