TOOL // Mental Health Check-in

What is it used for?
This assessment Is informal but very informative and the reflection required to complete it helps students to develop a more positive and resilient mindset for overcoming their challenges more optimistically.

How do you use it?
This exercise can be completed on paper or in a community circle, with the prompts posted for student reference. Students are asked to identify: **A Rose** - Something that is going well or that you're happy about (by reflecting on what is going well, students acknowledge that there are things to be positive about). **A Thorn** - Something that isn't going so well or that you're finding challenging (by acknowledging their challenges daily or weekly, they are able to see, throughout the year, that many of the things that they've struggled with are overcome in time). **A Bud** - Something you're excited about, or that you're looking forward to (by regularly identifying something to look forward to, students can develop a positive and hopeful mind frame).

Note: By using 'today' in our questions, we acknowledge that feelings are temporary and subject to change over time.

Rose/Thorn/Bud - Daily/Weekly Check in with Students - Mental Health and Wellness

Checking in…

What is your rose, today? (Something that is going well or that you're happy about.)	
What is your thorn, today? (Something that isn't going so well or that you're finding challenging.)	
What is your bud, today? (Something you're excited about, or that you're looking forward to.)	

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