







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

Checking in...

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

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