

Connections Activity

Title/Skill:	How are You Feeling (check in)
Connection Goal:	Personalization (ice breaker)
Grade Level:	9-12
Month:	
Time Needed:	10-15 minutes

Handouts/Materials Provided:
Copies of the “How Are You Feeling” cards

Summary of Activity for the Advisor:

1. Pass out “How Are You Feeling” cards. If they are laminated (in Connections Closet), use dry erase markers to record answers. You may also create your own cards by using the template below.
2. Give students a few minutes to complete cards.

Read/Review/Discuss/Do with students:

- Have students share their choices and reasons for choices.

Look at the other side.
 Using the pictures as guides,
 fill in the blanks below.

Today I feel _____

because _____.

To change my mood I would need to

_____.

I like it when I feel

_____.

I don't like it when I feel _____

How Are You Feeling Today?



