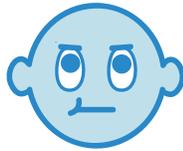


NOTICE



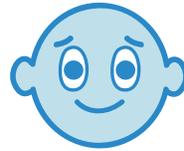
ANGRY



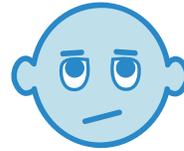
ANNOYED



ANXIOUS



APPRECIATED



BORED



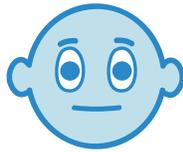
CHEERFUL



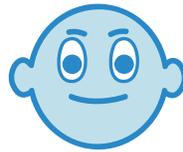
CONFIDENT



CONFUSED



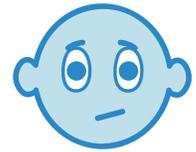
CONTENT



COURAGEOUS



DEPRESSED



DISAPPOINTED



EMBARRASSED



EMPOWERED



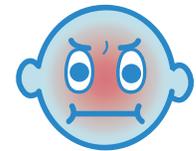
EXCITED



FORGIVING



FREE



FRUSTRATED



GRATEFUL



HAPPY



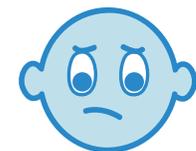
HELPFUL



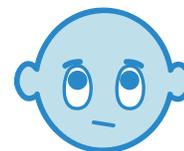
HELPLESS



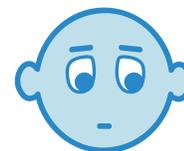
HOPEFUL



INSECURE



INTIMIDATED



LONELY



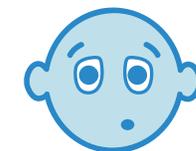
LOVED



PROUD



REBELLIOUS



RELIEVED



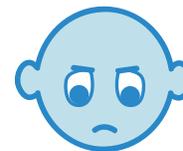
SCARED



SECURE



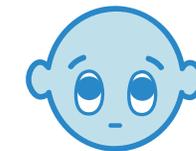
STRESSED



UNAPPRECIATED



UPSET



VULNERABLE

NOTICE. CHOOSE. ACT.[®]



NOTICE

POSTER CHECK IN'S

Use the AIT NOTICE Poster to have students check-in with themselves and how they are at various times during the day. Post-Its, pointing, miming, and verbalizing the feeling that they are experiencing are all options for students to express what they are feeling.

Use this check in at any time including:

1. At the start of school day, either everyone can do it or pull popsicle sticks to limit the timing and spread out sharing to eventually include all students..
2. When returning from breaks like recess and lunch.
3. At the end of the day.

When the class is derailed, use the poster to support overall understanding and impact of each other's behavior.

- Point to two or three feelings and ask the class to raise their hands if they are feeling the one pointed out.
 - For instance, ask the class: "How many of you are feeling FRUSTRATED because we are not all working well together?"
 - Then ask the class: "How many of you are feeling HAPPY with the way the class is feeling right now?"
 - Ask for a few people to share other feelings they may be experiencing.
 - Then ask,
 - How do you **want** to be feeling?
 - What do you (we) **need** to start feeling that way?
 - Is it a need or a want?

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