

## Understanding Our Graphs

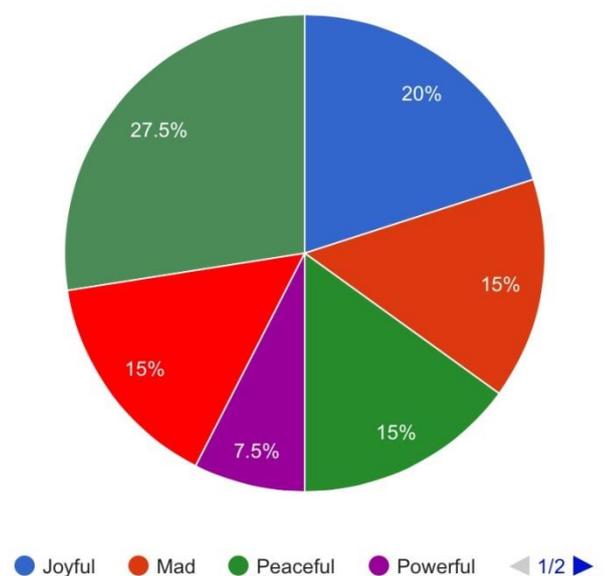
CheckInSchools uses a range of graphs to present information about the mental wellbeing of your students in a simple and visually engaging way.

Below is an explanation of the graphs that we use.

### Six Core Emotions (Pie Chart)

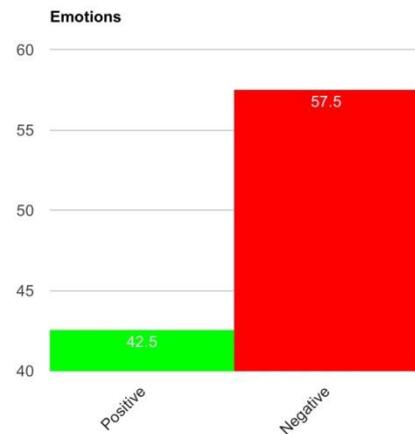
The pie chart is used to show the % of choices for each of the 6 core emotions. Each choice made is traced back to its core primary emotion. For example, a pupil may feel irritated one day, critical the next, and jealous the day after that. All these feelings trace back to the core feeling- Mad. This way, the chart helps to identify the core emotion that dominates a student's life. Improved connection around a student's core emotion empowers educators and students to better understand what motivates their actions.

Six Core Emotions

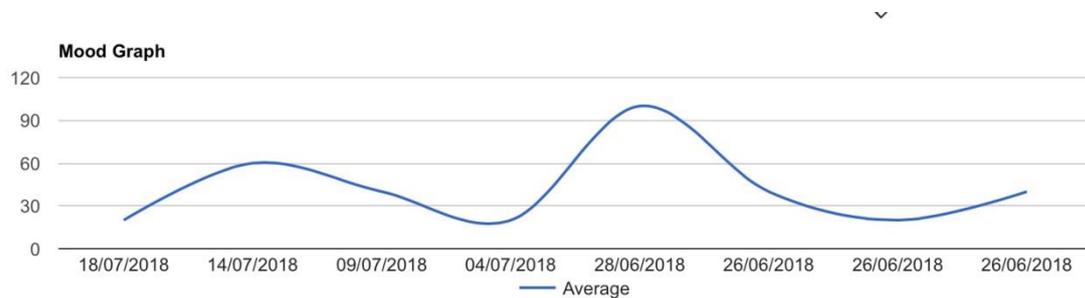


## Positive and Negative Emotions (Bar Chart)

The bar chart is used to show the % of negative and positive feelings. The positive bar is calculated by using the combined percentages of the 3 core emotions: joyful, powerful and peaceful. The negative bar uses the combined percentages of mad, scared and sad. In this example, the student predominantly experiences negative feelings indicating that support may be needed.

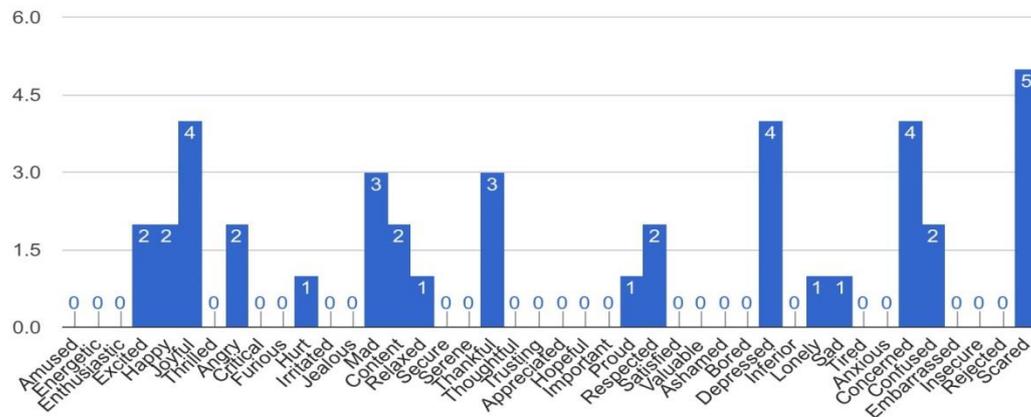


## Mood Graph (Line Graph)



The mood graph shows a student's fluctuating mood over time and can be used to track and monitor a student's emotional wellbeing. The graph also enables schools to make judgements regarding the impact of the school's wellbeing measures. The line illustrates the rise and fall of the student's positive feelings. A "peak" shows an elevated mood while a "trough" indicates a low mood. Indicators of mental health problems such as prolonged or persistent low mood can be easily analysed.

## Frequency of Feelings (Bar Chart)



The bar chart simply shows the frequency of feelings chosen by the student. Despite all 42 feelings (level 7) being represented a student will only be able to choose from the number of feelings that correspond with the “word level” allocated by the school administrator. This means that a child allocated level 4 will not be able to choose “Rejected” (Level 7 feeling), therefore, “Rejected” will show 0. In this example, the student has most frequently chosen the feeling scared posing the question, why? Further enquiry may be required.