

User Guide

How do I choose a feeling?

Step 1: Login

Login with the username and password that was given to you by your teacher.

Login

Username

Password

Login

Step 2: Choose a feeling

Choose the word that best describes how you are feeling.

CheckIn

How do you feel today?

Depressed Thankful Mad Anxious Joyful Sad

Happy Important Scared Excited Respected Concerned

Relaxed Hurt Confused Content Lonely Proud

Text:

Save

Step 3: Write why?

Using one or two sentences, write why you feel this way in the box.

CheckIn

How do you feel today?

Depressed Thankful Mad Anxious Joyful Sad

Happy Important Scared Excited Respected Concerned

Relaxed Hurt Confused Content Lonely Proud

Text:

It's my first day at this school and I am not sure where I am supposed to go

Save

Step 4: Save

When you are happy with your sentence, click "Save."

Save

Your teachers will be able to see the feeling you chose, the reasons you gave, and will use this to help and support you.

CheckIn

Thank you for checking in. Check in again whenever you're ready

Check in Now