



# Social Emotional Learning (SEL) Classroom Community Circle Check-ins

Classroom community circle check-ins can help students build caring relationships with their peers and teachers. However, for introverted students this can be uncomfortable. Creating a channel in Synth for asynchronous audio conversations provides a safe space for students to share and interact with one another without the pressure of live interactions. Daily classroom check-ins through a class Synth channel is a great way to break through barriers, build community, and promote social emotional learning.



**ESTIMATED TIME** 5–10 min.



**BEST FOR** Student Learning



**LEVEL** Elementary, Middle School, High School



**INSTRUCTIONAL SKILLS** Questioning, Explaining, Inferences

## GET STARTED

- Create a Synth channel specifically for building classroom community. Set Intentions within the app to prompt class members to record daily.
- Each week, record a Synth with the check-in question students can respond to.

## DIRECTIONS

- ① Students record responses to daily check-in questions, for example:
  - Name one high and one low from yesterday
  - Name one thing you're excited about today
  - What was the best part of last week?
  - What was the most challenging thing about last week?
  - What is your goal this week?
- ② Teacher moderates discussion by reviewing recordings before making visible to other students.
- ③ Students listen to recordings from peers and respond through voice messages or comments.

## STRATEGY ALTERNATIVES

Synth channels can be used to help students and teachers get to know one another at the beginning of the school year. Students can respond to questions that help them share more about themselves and find connections among peers. Examples of get-to-know-you prompts:

- How would your best friend describe you?
- What was your favorite vacation and why?
- Name one thing that makes you laugh
- Who is your hero and why?
- What are you excited about this school year?