

5-Minute

Mental Health

CHECK-INS



Simple ways to support students, no extra time required

Even a few intentional minutes can make a meaningful difference in how students feel and respond to stress. Use these quick check-in strategies to build trust and support student well-being throughout the day.

Start with the Right Question

Skip "Are you okay?" and try:

- ▶ "What's been the most stressful part of your week?"
- ▶ "What's been on your mind lately?"
- ▶ "What's one thing that's felt hard recently?"

Use a Quick Scale

Make it easier to open up:

- ▶ "On a scale of 1–10, how are you feeling today?"
- ▶ "What would help move you one point higher?"

Validate, Don't Fix

You don't need the perfect response:

- ▶ "That sounds really overwhelming."
- ▶ "It makes sense you'd feel that way."
- ▶ "You're dealing with a lot right now."

Offer One Small Next Step

Keep it manageable:

- ▶ "What's one thing that might help today?"
- ▶ "Do you want to check in again later this week?"
- ▶ "Would it help to loop in a teacher or parent?"

Watch for Red Flags

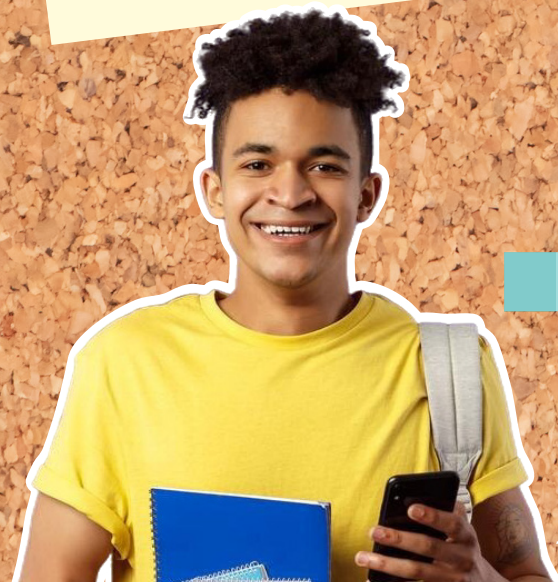
Follow up or refer when you notice:

- ▶ Sudden changes in mood or behavior
- ▶ Withdrawal from friends or activities
- ▶ Expressions of hopelessness or extreme stress

Make It Routine

Quick check-ins can happen:

- ▶ In the hallway
- ▶ During brief office visits
- ▶ Before or after class



Small Moments Matter

A **2–5 minute check-in** can help a student feel: **Seen**, **Heard**, and **Supported**.

