

# Social Emotional Tools

## After Class Emotion Tracker

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**Level:** Elementary

**Age:** Children (Primary)

**Time needed:** 5 minutes

**Aim:** To track self progress and emotions after a lesson

**Materials needed:** One tracking chart per student

#### Instructions:

- 1 Cut copies of the tracking chart in advance and give it to students so that they can paste it in their notebook. This can be done at the beginning of each week.
- 2 Explain to students they can take a few minutes to fill their chart at the end of each lesson.
- 3 To fill the chart, students need to color the faces according to their feelings and performance.

#### How to use it?

Having students rate their own progress and emotions after a lesson is a good way to improve self-awareness. It also helps you know what students have understood and what they need further support with.

This chart will allow students to mark up how they feel at the end of the lesson by coloring the face that best fits their emotions related to the class and their performance.

If time allows, open a safe space to share their answers and discuss those things that make them feel good/happy and those that did not. If negative feedback is common, ask students for ideas about what can be done to improve class environment, activities or their performance.