

Distance Teaching

How to support students' emotional wellbeing during warm-up activities



ENGAGE

Warm-up, retrieval practice, prior knowledge activation

- getting students interested in the lesson content from the very first minute
- creating a more personalised learning experience for students

Setting your class off in the right mood at the beginning of the lesson has always been important. The importance of learners' emotional well-being doubles in the remote classroom, when you and your students are separated by distance and computer screens, and it is difficult to spot a problem and react to it immediately. In this situation it can be a good idea to start a synchronous video lesson with a warm-up activity asking your students how they are feeling. This will help you engage the students with the lesson from the start.

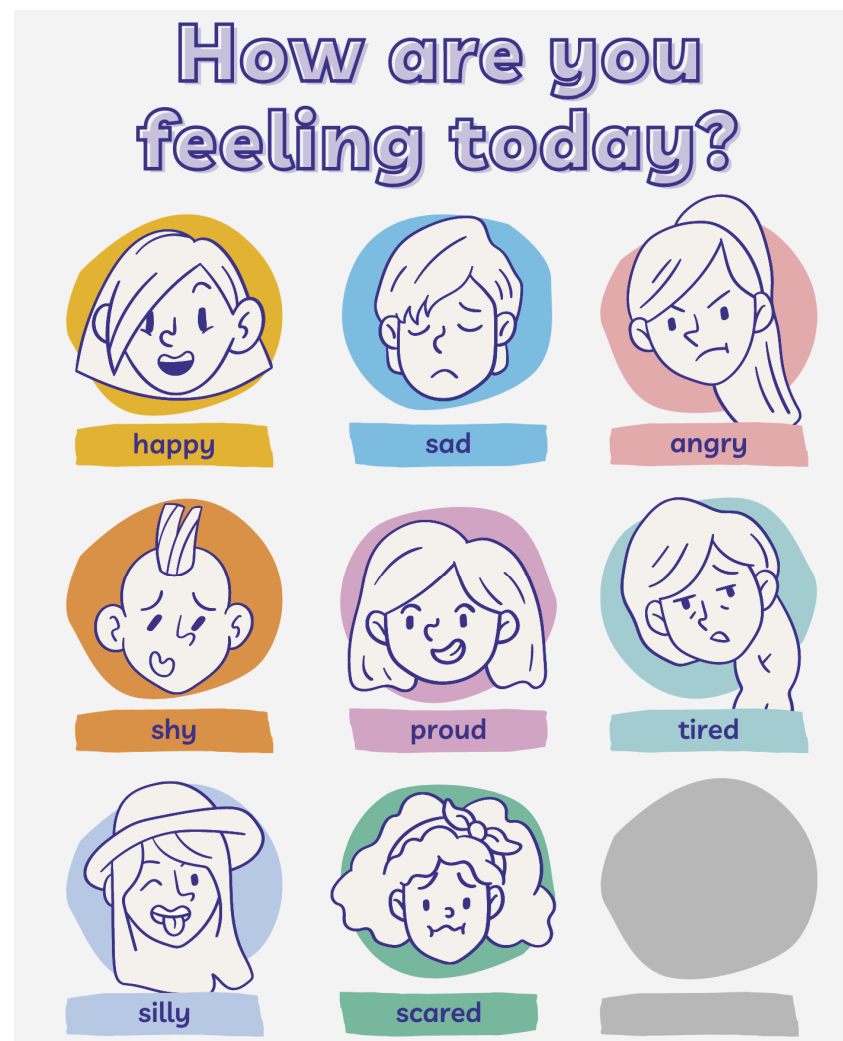
Using reaction icons

If you are using a Zoom video conferencing tool to organise synchronous lessons, you should:

- Start a Zoom meeting.
- Find the "reaction" icon in the dock at the bottom of the screen.
- If your students are new to Zoom, explain how to locate this icon.
- Show the students how you are feeling by choosing one of the "reaction" icons and ask them to do the same.
- You may ask students to comment on their choices or simply take them into account during the lesson.

Mood check templates

Another way is to use one of the mood check templates from Canva.





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Using mood check activities in the virtual classroom

To use the mood check activity template do the following:

- Go to your Canva account or create one.
- Type "mood check" in the search box.
- Choose one of the Canva mood check templates.
- Assign the template to your students by clicking the "share" button and choosing "share this link as a template".
- Share your screen with this template during the video lesson.
- Share the generated link in the chat window of your Zoom lesson.
- Ask students to follow the link in the chat and mark their mood on the template.
- The students and the teacher can watch the template change in real time.
- You can simply share your screen with the mood checker template via Zoom and ask your students to annotate it using the Zoom annotation tools.
- You may discuss your students' choices or simply take them into account.
- When you know how your students are feeling you can use this information and apply differentiation techniques to create more personalised learning experiences.

Alternatively...

- You can ask students to prepare four pieces of coloured paper (red, yellow, blue and green) and hold up the colour which corresponds to their feelings.
- Another idea is to ask your students to mime their feelings.
- You can also ask your students to finish the sentence "The colour of my mood is..." by naming the colour that corresponds to their feelings at that moment. You can download the printable Assessment for Learning Response cards from the Resources section.