Continue the connections in the classroom

On Along, connections begin with a question that you and your students can respond to from anywhere, at any time.

With each reflection, you gain valuable insights about each individual student, as well as spot trends for your whole class.

Whether you have a few minutes a week or you can dedicate an entire class period, here are a few ways to use those insights by pairing weekly reflections in Along with ready-to-use classroom activities.

We've organized Along's content into Collections to help you easily find the content you are looking for. In addition to reflection questions, you can also find research-backed classroom activities to use with students.

Use the content in Along to:

Build classroom community and belonging.

Bolster students' sense of belonging, strengthen their connections, and support students to get to know one another.

Start with a reflection question, or series of questions, to help you learn about each student. Then, choose a related classroom activity to support students to get to know each other.
Teach a skill or strategy.

Help students develop lifelong skills—like learning to set goals or manage stress—by using the content in Along’s skill-related Collections.

Choose from a Collection, like the ones below, that align to a skill or strategy.

- **Focus**
  - What are your biggest distractions when trying to focus?
  - Focus With the 5–4–3–2–1 Method

- **Learn from setbacks**
  - When is the last time you made a mistake? What did you do to learn from that mistake?
  - Facilitate Learning From Mistakes and Failures

Select a question that helps you understand students’ prior knowledge or comfort with the skill or strategy.

If students’ reflections show they could use support, choose a classroom activity to meet students where they are.

Check in with students.

Along has questions and classroom resources dedicated to helping educators support students’ social and emotional growth and development.

Choose a reflection question to find out how each student is feeling—in general or in response to a situation or event. Select a classroom activity, like the ones below, to help students process their feelings and emotions or learn mindfulness techniques.

- **On a scale of 1 to 4 (4 being best), how are you feeling today?**
  - Guide Students Through a Body Scan

- **What emotions have you been experiencing a lot recently?**
  - Write to Express Emotions

- **Learning is different this year in many ways. How do you feel about that?**
  - Find Calm with “Belly Breathing”

**RESOURCE:**

Curious for more ideas about how to gather insights, maximize their impact, and support students? Check out the resource, **Using Along Data to Know and Support Each Student.**