

Exit Tickets to Promote Student Well-Being

What encouraged you or stopped you from participating in class today? Why do you think it's important to participate?

What did you hear from someone that surprised you today? Why is hearing from different perspectives important?

How does discussing with others impact your learning? What allowed you to work together or what stopped you from coming together today?

What skills did you use today? How did these skills help you or another person in the class?

What was challenging today? What strategies did you use to face this challenge?

What's something you are proud of today?

Who is someone you appreciate today? Why?

What is something that causes you stress? Are you feeling stressed or calm today?

When might you use something you learned today in your daily life? How might it help you?

What helps you stay focused and “in the moment”? What distracts or prevents you from being present?

When you feel sad or down, what do you do to help yourself?

Celebrate your effort! What is something you worked hard on today?

Think of a mistake that you have made recently. What did you learn from it?