



Why is the #SameHere scale effective and what does it solve for?

- 1) **Normalization:** Of students checking in with their own feelings, and having teachers (and/or school professionals) ask for those feelings. When we ask all students how they are feeling (without singling out the “misbehaved ones”) we normalize this type of check-in as a self-care tool. When we show feelings on a Scale - we normalize how everyone’s feelings change over time, and how we are not locked-in to any one position on that Scale.
- 2) **Common Language:** Feelings can get complicated, especially when there are so many to consider. This type of Scale is more like an emotional thermometer that allows students, teachers, school professionals, and parents, to see the same emojis and the same language, across classes, across grade levels and even across schools in the same district. General aggregate summaries of other students’ daily answers can be seen in chart format, and unlike other manual capture tools - everyone can view their own responses and trends in real time. (Imagine a student looking at their chart, as they are meeting with a school professional, and both are looking at that student’s trending on the same chart. Imagine a parent being able to see that same chart at parent-teacher conferences.)
- 3) **Linear Movements:** The Scale goes left to right, with movements to the left representing healthier feelings, and to the right- less healthy feelings. This Scale does not assign numerics as many other scales do, to a students feelings, but it still gives them the chance to track their movement directionally. The placements on the scale were designed to mirror the neurobiological changes that happen as both the celebratory/joyous and the stressful/difficult life events inevitably make their way into our lives. There is also no “middle” answer that would mirror “fine,” and give us little to no direction.
- 4) **Life Events:** The questions prompted by the app, after each student selects their placement on the Scale, encourages them to tie their feelings to certain life events and factors that may be contributing to those feelings. This teaches students not to think of their feelings and states of mind as “fixed conditions,” but more ones that can fluctuate over time, as we learn skills to do so.
- 5) **Resiliency:** The movements on the Scale open students and teachers up to the question: How can I/we move more to the left/or stay on the left? What exercises can I/we partake In? Think of it as the “why” behind the self-care exercises that you teach.





- 6) Privacy: One of the biggest reasons we so often get the answers of “fine” when we ask students how they are feeling, is that they don’t want to share personally as vulnerably in front of their peers. This then requires individual meetings with students to attempt to get them to open up - in order to record feelings - which take a lot of time (see below). These apps allows students to see trends of other students’ responses (without the specifics of who selected what), while sharing their own feelings. The app is private and secure so that no other students can see each other’s answers.
- 7) Time Savings: Tracking individual student feelings in each class (in a private enough of a way, to get them to open up, manually) takes a lot of time to ask, receive the response, and record. The Scale app automates the requests for feelings with the click of a button and makes the response process simple and consistent for students.
- 8) Get In Front Of Behaviors: As you track the trends of students’ feelings, you are also given the option to track students’ behaviors and examine trends. This way, as you learn each students’ baseline you are able to get in front of any challenging classroom or schoolyard behaviors, before they happen again.
- 9) Flexibility In Usage: For all app users, credentials can be given to use the app on personal devices, Chromebooks, and iPads. There is no personal information for each student that is entered other than First and Last Name, and a User Name and Password, uniquely assigned to them.
- 10) Back End For Reporting: In addition to tracking trends on the apps themselves, you are able to download reports to look at those trends for students or classes, and by class levels, with your own web portal we provide.

What other questions do you have? We are happy to help. We look forward to being your partners as we help our students open up and share!



Teacher App



Student App



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