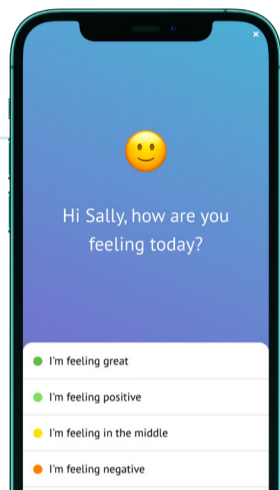


How to use **Pulse** in your classroom



Group check-in

Do this **once per week** in **homeroom**. It takes **5 minutes**.

1. All students log on to their devices at the same time and check into Pulse
2. Ultimately, it is their decision whether they check in or not

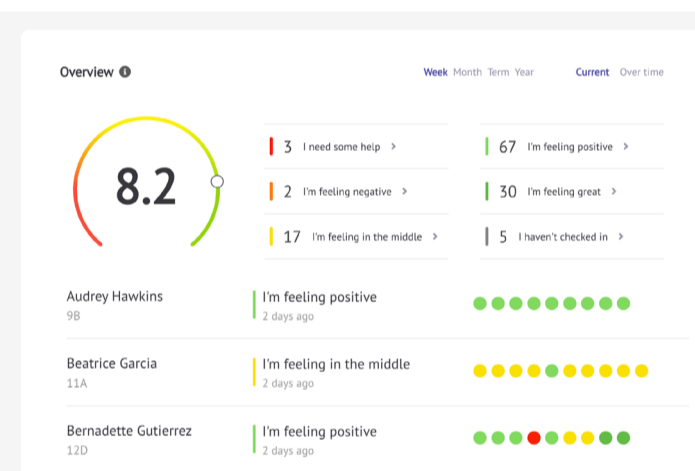
Follow up with students

Do this **once per week** in **homeroom**. It takes **5 minutes**.

**complete this step after you have reviewed the dashboard. this step might take longer if you have help requests to follow up with*

Login to your dashboard

Do this **once per week** at **your desk**. It takes **15 minutes**.



Wellbeing tab

1. Click on each statement to see a list of students who have checked in at this level.
2. Scroll down to see all recent checkins. Pin anyone to the top of the list that you'd like to keep an eye on.
3. Note who you need to follow up with (help requests, students who are checking in negatively, etc).

Help requests

1. Open the notification listing the student seeking help
2. Acknowledge that you have seen
3. the request
4. Act on this request
5. Document this correspondence

Negative check ins

If the student hasn't formally asked for help but you can see that they are consistently registering that they feel negative, you could either ask them discreetly if there is anything they need help with, or, if this seems too forward and the relationship doesn't exist yet, you could address their whole class and say something like:

"If anyone is finding that they are often checking in with negative feelings, please remember that I am happy to talk with you or direct you to help. Feel free to email me if that's easier."

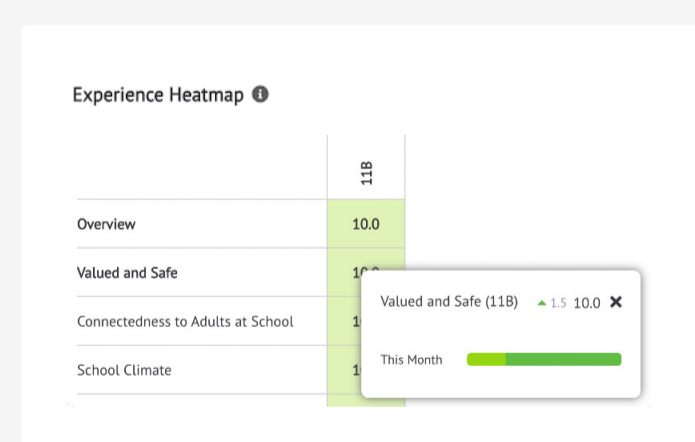
Share experience data

Choose a part of the experience heatmap to report back to the students. If there was an issue, you could tell them that you'd registered the feedback and are considering doing x to address it. Otherwise, you could celebrate data that is overly positive.

Celebrate gratitude

Tell your students something or someone you are grateful for and why. Invite them to do the same.

For more information, contact your success manager.



Experience tab

1. Scroll down to the 'experience heatmap' for your class. Look to see if there are any red areas such as the examples to the left.
2. Make a note to discuss challenge areas at your team meeting.
3. Review the resource tab on your dashboard of to see if there is something you could consider implementing with your class to address the issue.

Gratitude	Student	Teacher	Total
Kindness	5	6	11
Fairness	2	3	5
Humour	4	5	9
Determination	16	9	25
Just say thanks!	10	6	16
No gratitude			51

Gratitude tab

1. Give gratitude using the button on the gratitude tab.
2. It is a good idea to schedule a recurring reminder on your calendar: in the first week, send gratitude to everyone, and in subsequent weeks send gratitude to a quarter of your students so that it remains a novelty.