Classroom Mental Health Checklist

Teacher’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Program Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date & Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Activities Observed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Adults Present: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number of Children Present: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Classroom rules are posted, illustrated with a picture or photo of each rule, limited in number (3-5), and stated positively (all have to be true to score a yes). | Yes | No |
| A visual schedule for the day is posted and referred to frequently. | Yes | No |
| Teacher-directed activities are less than 20 minutes and developmentally appropriate. | | |
| During transitions, all children are actively engaged, including children who are waiting for the next activity. | | |
| Teachers have positive, calm, and supportive conversations with children and talk with them about their interests and ideas. | | |
| Teachers join in children’s play. | | |
| Behavior expectations are clear, consistent, and all staff follow through. | | |
| Teachers are prepared for activities before the children arrive at the activity. | | |
| Teachers assist individual children in selecting activities and in becoming engaged. | | |
| Teachers state expectations positively, telling children what to do rather than what not to do. | | |
| Teachers adapt to give additional help to children who need more support. | | |
| Teachers use choices and/or natural consequences rather than negative consequences. | | |
| Teachers support children in learning to manage their emotions by teaching self-regulation techniques (breathing techniques, etc.) | | |
| When children have problems, teachers support them in generating solutions. | | |
| Teachers encourage and support interactions between children during play or activities. | | |
| Adults and children demonstrate positive climate with smiling, laughter, and enthusiasm. | | |
| A “safe place” is provided, taught to children, and used appropriately. | | |

Glows:

Grows:

10/2023 This version will be used for Coordinator observation in January p/ProgramOperations/CollaborativeCenters/Website/NMCAA/PBC/