

How do you Reflect?

Discover Microsoft Reflect usage scenarios for all age groups.



Primary (PreK – 6)

Use the Emotion Board without student devices

Vocabulary lessons

Listening to emotions

Attendance tracking

Morning meeting activities

Breathing exercises

Fostering a sense of belonging

Building classroom community

Identifying feelings



Middle & High-School (7+)

Formative assessment during Project-based Learning (PBL)

Evaluating learning effort, motivation, and progress

Emotion of the Week

Exploring comfortable emotions

Validating uncomfortable emotions

Goal setting

Review the Learning Cycle

Mindful moments



University & college

Campus orientation

Supporting first-year students

Assisting research students

Course evaluations

Facilitating Socratic discussions

Triage for office hours

Conducting peer reviews

Tracking topic understanding

On-the-go meditation and mindfulness



Educators & Staff

Workplace culture

Collegial relationships

Governance and policy implementation

Leadership support

Individual educator factors

Community engagement

Modeling SEL for students

Ready to Reflect?

