



Welcome to Microsoft Reflect

Our school's wellbeing app to support connection, expression, and learning



Let's check-in:

How are you feeling today?

Check-in is a safe space for learners to express their emotions, establish meaningful connections, and actively engage in their own learning.

Why Social and Emotional Learning (SEL) **matters**?



Improved student performance and wellbeing



Better preparation for all-around success in later life



Readiness for future employment which demands strong social-emotional skills



SEL contributes to flourishing well-being

Parents and educators **strongly support SEL**

93%

of parents **prioritize SEL** skill development in their children's education. ¹

86%

of educators **emphasize SEL** in the classroom.²

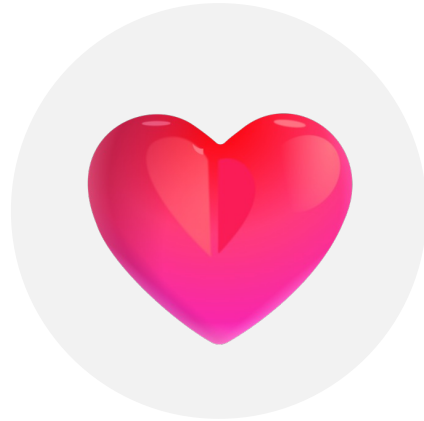
83%

of educators believe it improves **academic success**.²

The impact of **Microsoft Reflect**



Build self-awareness & empathy



Grow emotional vocabulary



Identify & navigate emotions



Develop growth-mindset & confidence

The impact of **Microsoft Reflect**



Promote **school connectedness**

Students feel that adults and peers in school care about their learning as well as about them as individuals.

How do I **get started**?

Let's learn about the key steps to create impactful check-ins, gaining wellbeing insights, and building a happier, healthier learning community.

**Create
check-in**

Share it

**Collect
Responses**

Get insights

**Build a culture
of wellbeing**



Get started

Create


- You can easily set up regular check-ins for students, staff, and families to understand how they feel about any topic, in any language.
- Having a space to share helps in building a learning ecosystem where everyone feels safe to make mistakes and grow.


New check-in Preview

How are you feeling today?

Overall, how did this week feel for you?

How are you feeling about <enter your topic here>?

 Explore check-in ideas

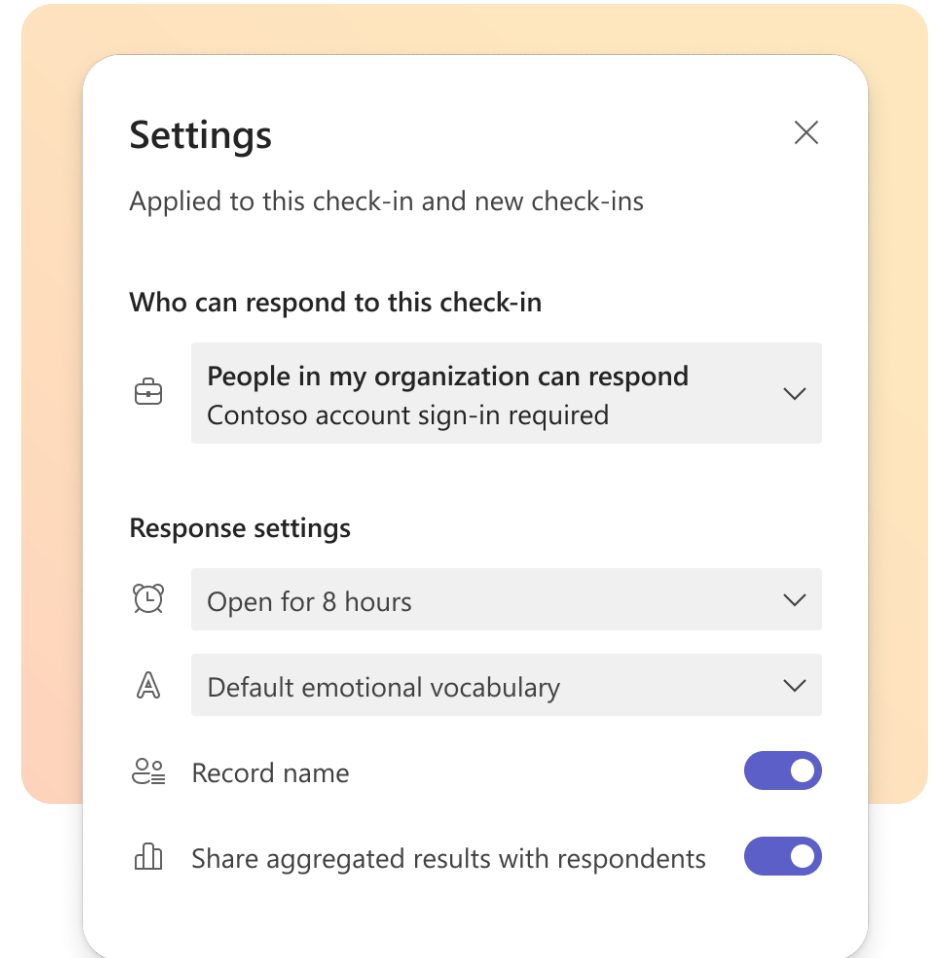
 Settings Cancel Create check-in

Get started

Customize

Customize the check-in to best fit your audience and goals:

- Set the **duration** for response collection.
- Choose between a broad **emotion vocabulary** with over 60 emotion words or a simplified version focusing on basic emotions.
- Decide whether to **record responders' names**.
- Decide whether to **share aggregated results** with responders.



The screenshot shows a 'Settings' panel with a close button (X) in the top right corner. Below the title, it states 'Applied to this check-in and new check-ins'. The panel is divided into sections: 'Who can respond to this check-in' with a dropdown menu set to 'People in my organization can respond' (with a subtext 'Contoso account sign-in required'); 'Response settings' with a dropdown menu set to 'Open for 8 hours' and another dropdown menu set to 'Default emotional vocabulary'. At the bottom, there are two toggle switches: 'Record name' and 'Share aggregated results with respondents', both of which are currently turned on.


Get started

Share


After you create the check-in, you have control over who is invited to respond to it.




- Easily share the **check-in link** or **QR code**.
- You can also share it as an announcement, message, or assignment on **Microsoft Teams** or **Google Classroom**.
- Project the QR code to host live check-ins on a big screen.

Your check-in is ready to be shared! ✕



Copy and share the link to invite people to respond.

reflect.do/adgE53sa234	✓	
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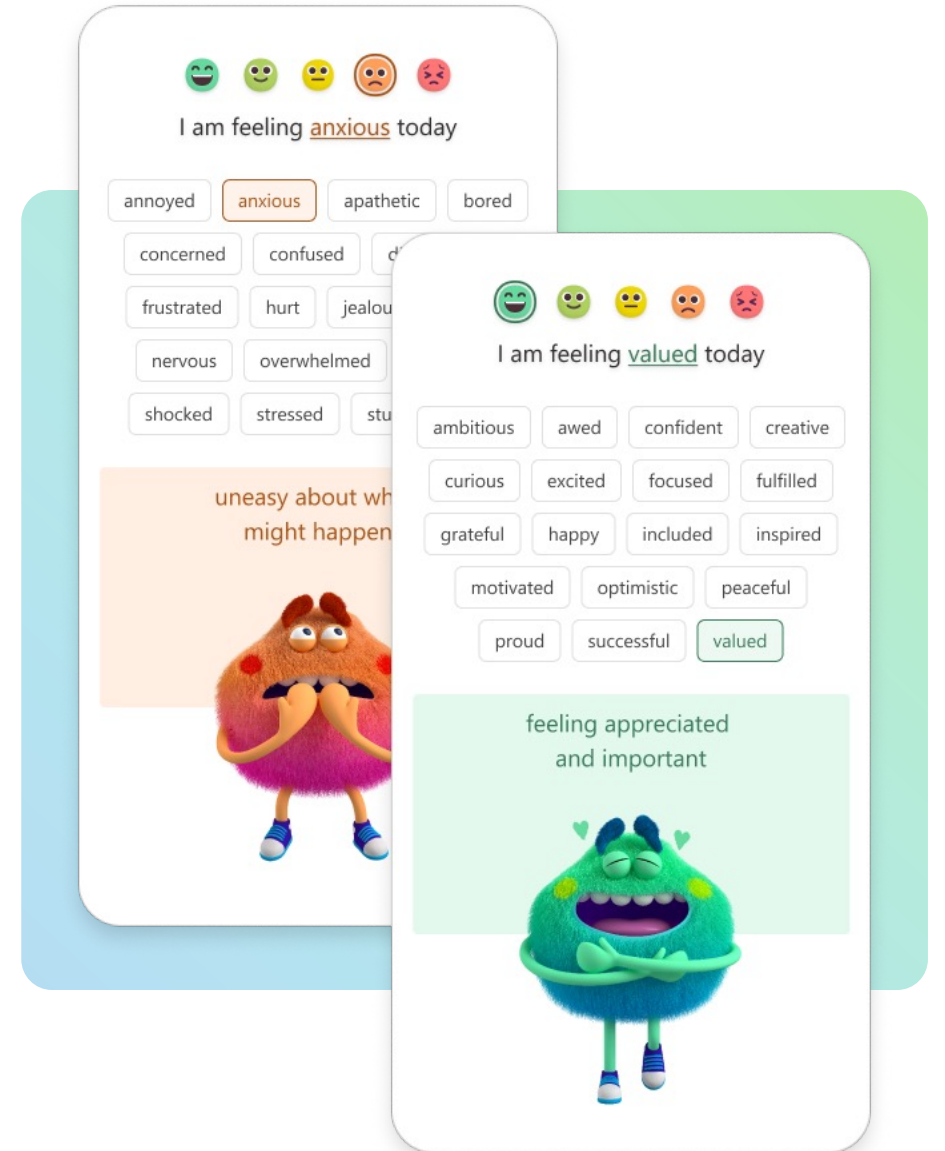
  

Your check-in will be closed today at 2:55 PM.

Get started

Collect responses

- People can respond to the check-in once a link is shared with them.
- They select an emoji that best describes how they feel.
- Then, they get more specific and choose the emotion word that best describes their mood.
- **Tip:** Lead by example - respond to your check-ins and model your feelings.



Get started

Inclusively designed

Reflect provides an inclusive experience for all ages and abilities:



The Feelings Monster

A research-backed character presenting over 60 emotions playfully, helping users identify emotions by connecting facial expressions and body language to emotional vocabulary.



Simplified vocabulary

Check-in setting focused on frequently used emotions. Ideal for younger students and those with disabilities.



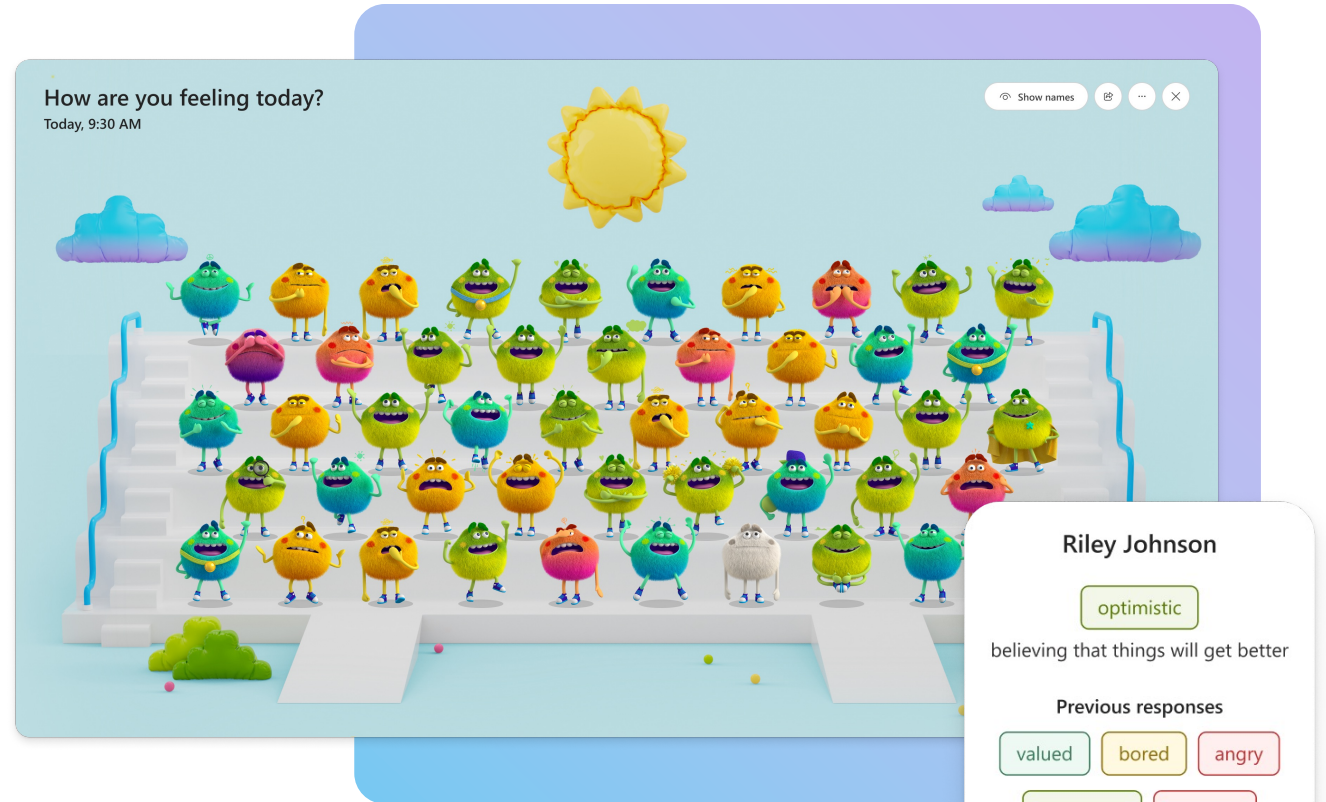
Listen to emotions

Users can tap on the speaker icon to listen to a human voice expressing and explaining each emotion.

Get started

Get insights

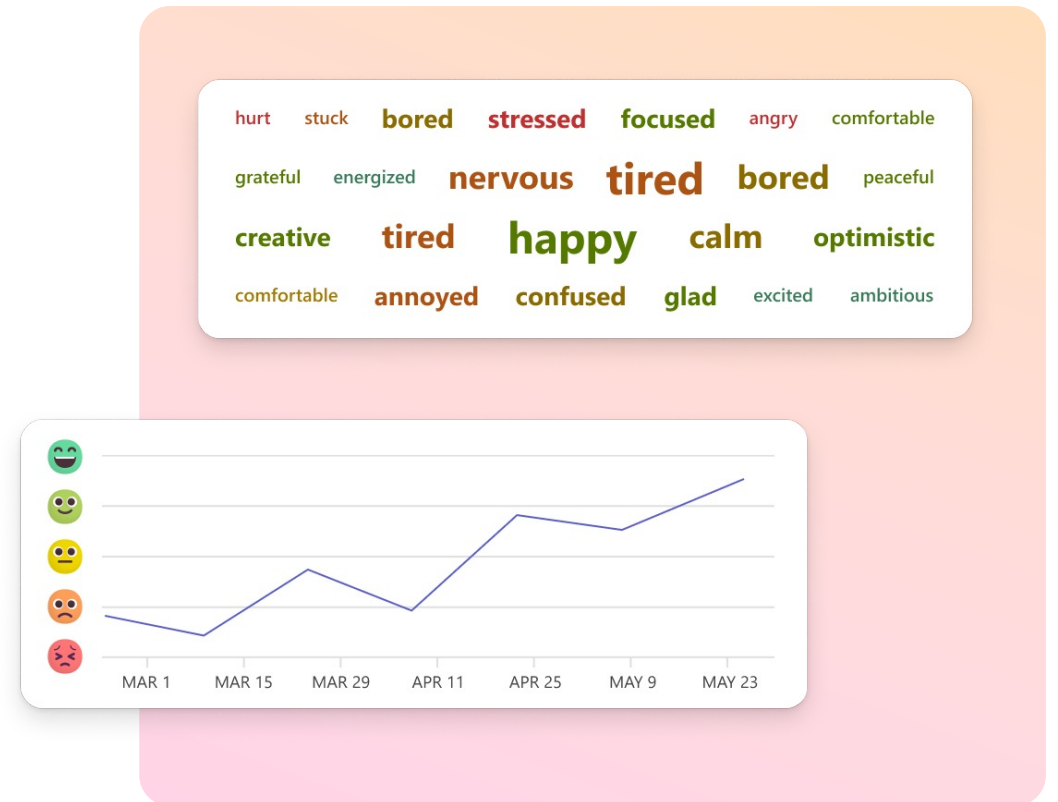
- Gain valuable insights into where your learners are excelling and identify areas that require attention.
- Cultivate connection, expression, and learning through data-informed conversations.
- Tailor instruction to learners' needs and interests.



Get started

Explore trends

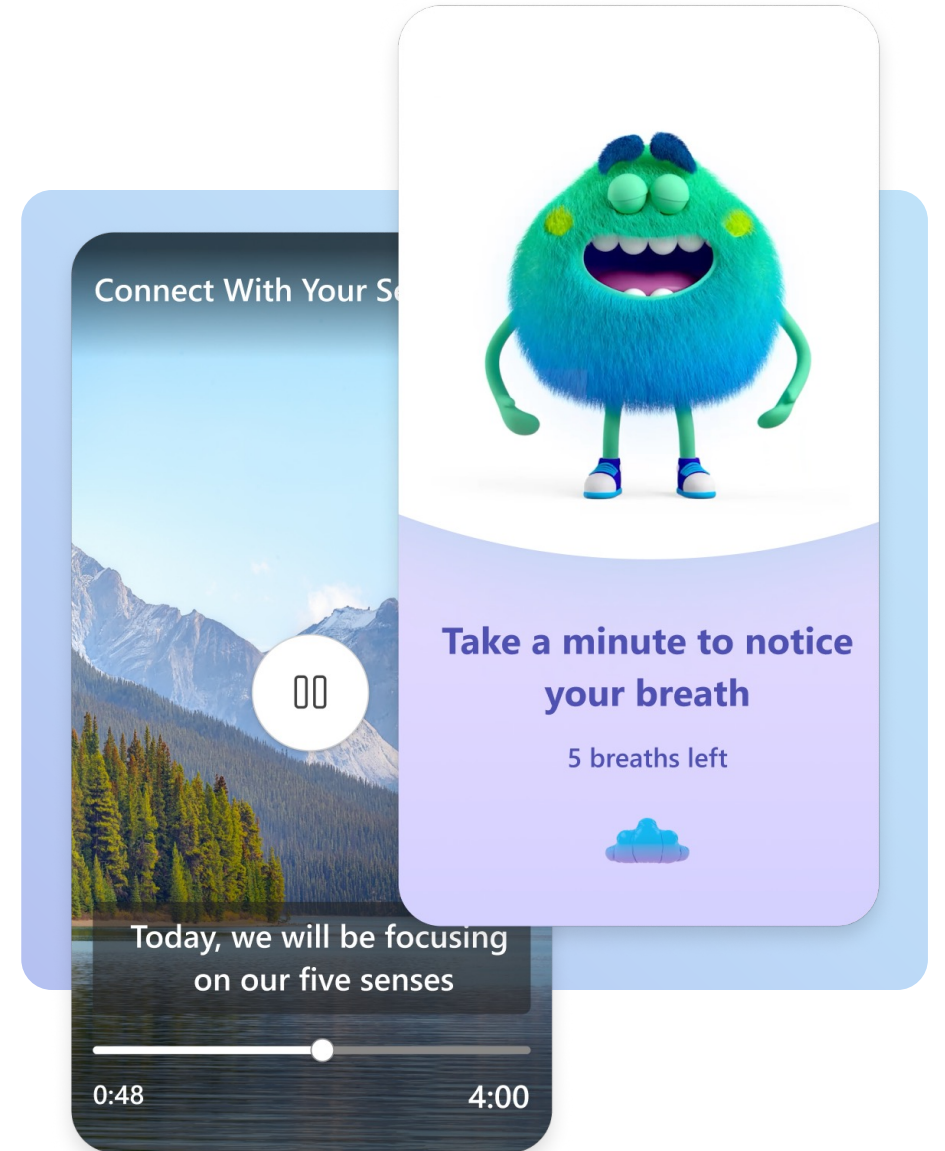
- Collect students and staff responses over time to uncover trends, identify patterns, and provide continuous support.
- Reflect is not just for collecting data to support SEL skills; it is also an essential tool for identifying and planning instructional changes, environmental adjustments, and assessment strategies.



Get started

Build a culture of wellbeing

- Foster a happier, healthier, and more balanced school with evidence-based resources and strategies.
- Learners can take a Brain Break with our curated collection of short, inclusive activities designed to promote mental fitness, refresh the mind, and refocus.



Get started

Ready to Reflect?

- Scan the QR code or visit **<https://reflect.ms>**
- Sign in with your school or institution account.
- It's simple. It's powerful. It's awesome.

