




SEL Check Scoring Guide

Status	Risk	Visible Emotions	Look and Listen For	Student Descriptions
 Angry	High Risk	Anger, Rage, Terror, Panicked, Devastation, Extreme Emotions	Explosive behavior, throwing items, cussing, crying, screaming, eloping (running away), threatening others, rapid breathing	I'm feeling really angry, frustrated, or terrified. I'm refusing to learn.
 Stressed	Med. Risk	Stress, Anxious, Agitated, Worried, Confusion, Excitement, Nervousness, Silliness	Starting to feel overwhelmed, agitation, pacing, inability to focus, wiggles/driven by motor	I'm feeling stressed, worried, confused, or silly. I'm having hard time learning.
 Calm	No Risk	Happy, calm, focused. Emotions are regulated and calm	Content, relaxed body, slow breathing, working, focused	I'm feeling happy, calm, and focused. I'm ready to learn.