

Checking In: Helpful Resources

[The Power of “How Are You?": Teacher Check Ins in Remote Learning](#)

(Although this article focuses on students, the title was the thing that pushed me to want to do more to support teachers during remote learning)

[The Surprising Power of Checking In With Your Coworkers](#)

[The Daily Mental Health Habit that Makes the Big Difference](#)

[The Importance of Regular Check-Ins With employees](#)



