

A Teachers Guide to Skodel

The Simple Way to Skodel

skodel



Skodel Welcomes All Teachers



This is a short guide to support teachers using Skodel. The following guide outlines the purpose of Skodel, how it works for students and ways in which you, as a teacher, can interact with it to support student wellbeing.

What is Skodel

With Skodel, students are sent short check-ins via email or the mobile app. Check-ins help them reflect on their emotions in a comfortable way. Students can access resources and create their own plan to improve their wellbeing. Insights and easy ways to respond help you support your students on their wellbeing journey

[The Student Experience](#)

4 STEPS TO BEST ENGAGE WITH SKODEL

Step 1

Activate your account

You will receive an activation email to set your password. Be sure to check your spam folder if it has not come through to your main inbox. Below is a video on logging in:

[Activating Your Account](#)

Step 2

Introduce your students to Skodel

As a teacher your main aim when introducing Skodel to students is to give them a valid reason as to why they should complete their check-ins. Click the button for some fun exercises you can do to help with this.

[Informing Students](#)

Step 3

See how your students are going

When you want see how your students are feeling, go to app.skodel.com and login. You can respond to students from within Skodel using Skodel Reactions. Reactions enable you to like, celebrate and comment back to students quickly and easily.

[Viewing Student Check-Ins](#)

The screenshot displays the 'Wellbeing Overview' section of the Skodel app. At the top, a horizontal bar chart shows the distribution of student feelings: 56% (represented by a sad face emoji in a red bar), 13% (represented by a neutral face emoji in a grey bar), and 31% (represented by a happy face emoji in a green bar). Below this, a student check-in entry for 'Skodel Student' is shown, dated '2 hours ago'. The student's profile picture is a sad face emoji. The check-in is categorized as 'Assigned as part of Skodel Student Check-In'. Below the student name are five buttons: 'Family', 'Others', 'School', 'Sleep', and 'Teachers'. A purple arrow points from the 'School' button to the 'React' button, which is highlighted with a purple rounded rectangle. The 'React' button features a thumbs-up icon. Other interaction options include 'Comment' (with a speech bubble icon) and 'Support' (with a person icon). At the bottom, there is a text input field labeled 'Type your comment here' and icons for emojis, photos, GIFs, and stickers.

Step 4

Encourage students to create their plan


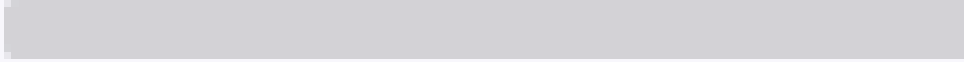


From their dashboard, students can create and track their own personal plan to better wellbeing. We will help them create an effective plan with suggestions. They can login at check-in.skodel.com

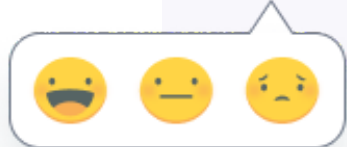
[Getting started with planner](#)

My wellbeing plan

Connection (family, friends..)

Best Streak: 5 days

- Be a really good listener when people talk Every two weeks @ 8am 
-   Set a reminder 



Recent achievements





That's it!

We hope you found this guide to be useful. If you have any questions you can view 'Skodel's Help Centre' via <https://help.skodel.com/>.

The Skodel Team