

Luma Connection #37: Emoji Check-Ins

Teaching Tool: LumaLive®

This is Luma's synchronous or same time meeting tool. This online tool allows learners to interact with each other to explore a topic and to discuss key concepts, share experiences, interact with each other, and to ask questions in real time. Interactions are in real-time and can be mentor-learner, learner-to-content, learner-to-self, and learner-to-learner.

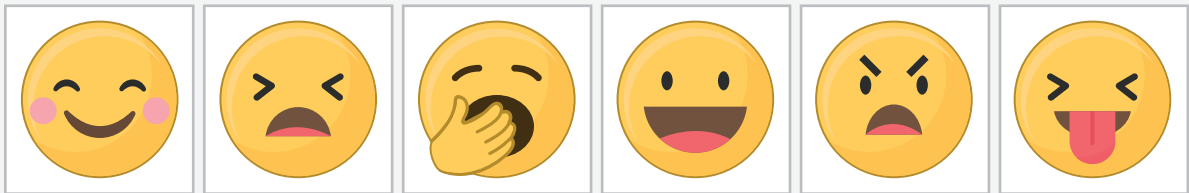


Tip: Emoji Check-Ins

Learners who are preoccupied with negative experiences and stressors from the day cannot fully engage in online discussions and learning. One way to help learners engage is to start training sessions with a quick Emoji check-in that allows learners to express their feelings and refocus.

Here are the steps for the Emoji Check-In:

1. **Breath:** Have learners close their eyes and do 10-20 seconds of intentional breathing where learners focus on their breath and how they feel physically, mentally, and emotionally.
2. **Reflect:** Display possible Emojis with the emotions they depict and have learners pick the Emojis that represent how they currently feel.



3. **Share:** Have learners share the Emojis they selected in the chat. Provide a safe space for learners to volunteer to share how they feel and why.

Tip: This is a great ice breaker to start the class, but this exercise should take no longer than 5-10 minutes. This is also a good activity to do after class discussions. Have learners use Emojis to represent how they felt about the discussion and then allow learners to explain why and provide feedback.

