

# Tips for Using the Kernels Tracker

**Kernels Tracker**

Dates: \_\_\_\_\_

	Kernel	M	T	W	Th	F
	Smile!					
	Thankful Thoughts	★				
	Lineup Challenge					
	Sharing Our Interests					★
	Similarity Signal					
	Biggest Fan					
	Our Achievements					
	Rules for Our Cool Community			★		
	Question Quest					
	A Cold Wind Blows					
	Looks Like, Sounds Like, Feels Like				★	
	Meaningful Compliments					
	Cool Kid		★			
	Award to a Friend					
	My Fault, Making Amends					



## Play & Track

Documenting which Kernels you use is an important part of using Kernels in your classroom. Using the Kernels Tracker will give you information that can help you plan which Kernels to use next and will show you your class's progress over time.

The Kernels Tracker can be used in many different ways. Check out four ideas below!

1

### Track Patterns

Keep track of patterns to help you understand which Kernels you tend to use and which Kernels your students prefer. This can help you make decisions about which Kernels to try next to continue to support students' social and emotional skills.

2

### Get Creative

Adapt the Kernels Tracker to make it work for you and your students. Use stickers, digital art tools, or other materials to make your own Kernels Tracker.

3

### Involve Students

Print the Kernels tracker on a large sheet of paper and have students color the appropriate square after you complete each Kernels activity.

4

### Set Goals

With your class, set a goal to see how many Kernels you can play, or create a friendly competition with another class to see who can play more Kernels!