

**Stimuleer verbinding,  
expressie en leren met  
Microsoft Reflect**  
Marien Zonnenberg



# Marien Zonnenberg



Docent VO (Voorheen PO)



Trainer



0633232322



[m.zonnenberg@apsitdiensten.nl](mailto:m.zonnenberg@apsitdiensten.nl)



MeneerICT / APS IT-diensten



Microsoft365 in het onderwijs



Wie heeft ervaring met inchecken?



Whiteboard on the left with a schedule:

- 12:10
- 12:35
- 13:00
- 13:40
- 14:20
- 14:30

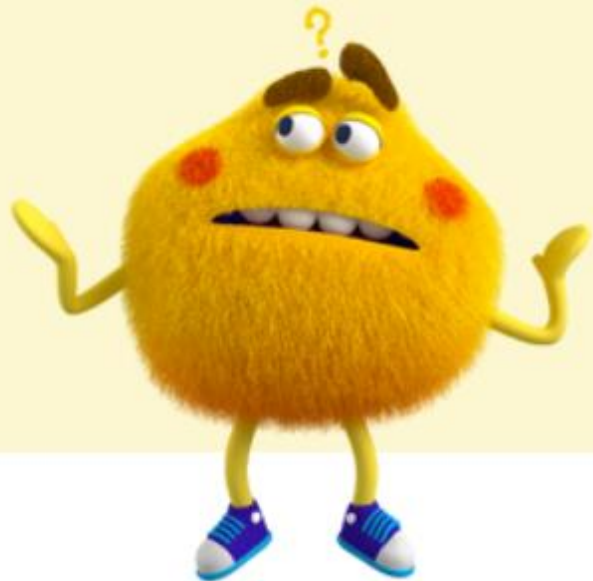
Activities include: "Aframen KlassenLunch" and "Starten Tegen een Start".

Whiteboard on the right with a weekly schedule:

- Dinsdag
- Donderdag
- Vrijdag

Activities include: "BOOS", "STOP", "RESPECT", "OPLOSSEN", "PLAN MAKEN", "KOEL", "OM DE BEURT", "OPLOSSEN REZEN", "UITVOEREN".

Laten we beginnen!



kan iets niet begrijpen





Stimuleer verbinding,  
expressie en leren met  
Microsoft Reflect

Marien Zonnenberg





# Waarom sociaal en emotioneel leren (SEL) belangrijk is?



Verbeterde prestaties en  
welzijn van studenten



Betere voorbereiding op succes  
op latere leeftijd



Bereidheid voor toekomstige  
werkgelegenheid die sterke  
sociaal-emotionele  
vaardigheden vereist



# Waarom sociaal en emotioneel leren (SEL) belangrijk is?



Verbeterde prestaties en welzijn van studenten

Een meta-analyse van 213 studies van meer dan 27.000 studenten wees uit dat degenen die getraind waren in sociale en emotionele vaardigheden gemiddeld 11 percentielpunten hoger scoorden dan degenen die dat niet deden.



Betere voorbereiding op succes op latere leeftijd

"Emotion and Cognition in the Age of AI," een studie van de Economist Intelligence Unit, benadrukt het belang van emotioneel welzijn voor het succes van studenten.



Bereidheid voor toekomstige werkgelegenheid die sterke sociaal-emotionele vaardigheden vereist

McKinsey voorspelt dat er in 2030 een groei van 30-40 procent zal zijn in werk dat sociale en emotionele vaardigheden vereist.

# Opvoeders en leiders ondersteunen SEL sterk

93%

van de opvoeders  
wil meer aandacht  
voor SEL op  
scholen.<sup>1</sup>

58%

van de opvoeders  
zegt dat het een van  
hun hoogste  
prioriteiten is in  
2021.<sup>2</sup>

80%

van de opvoeders  
geloof dat positieve  
emoties van cruciaal  
belang zijn voor  
academisch succes.<sup>3</sup>





# De impact van Microsoft Reflect



Bouw zelfbewustzijn  
op & empathie



Emotionele  
woordenschat laten  
groeien



Identificeer &  
navigeer door je  
emoties



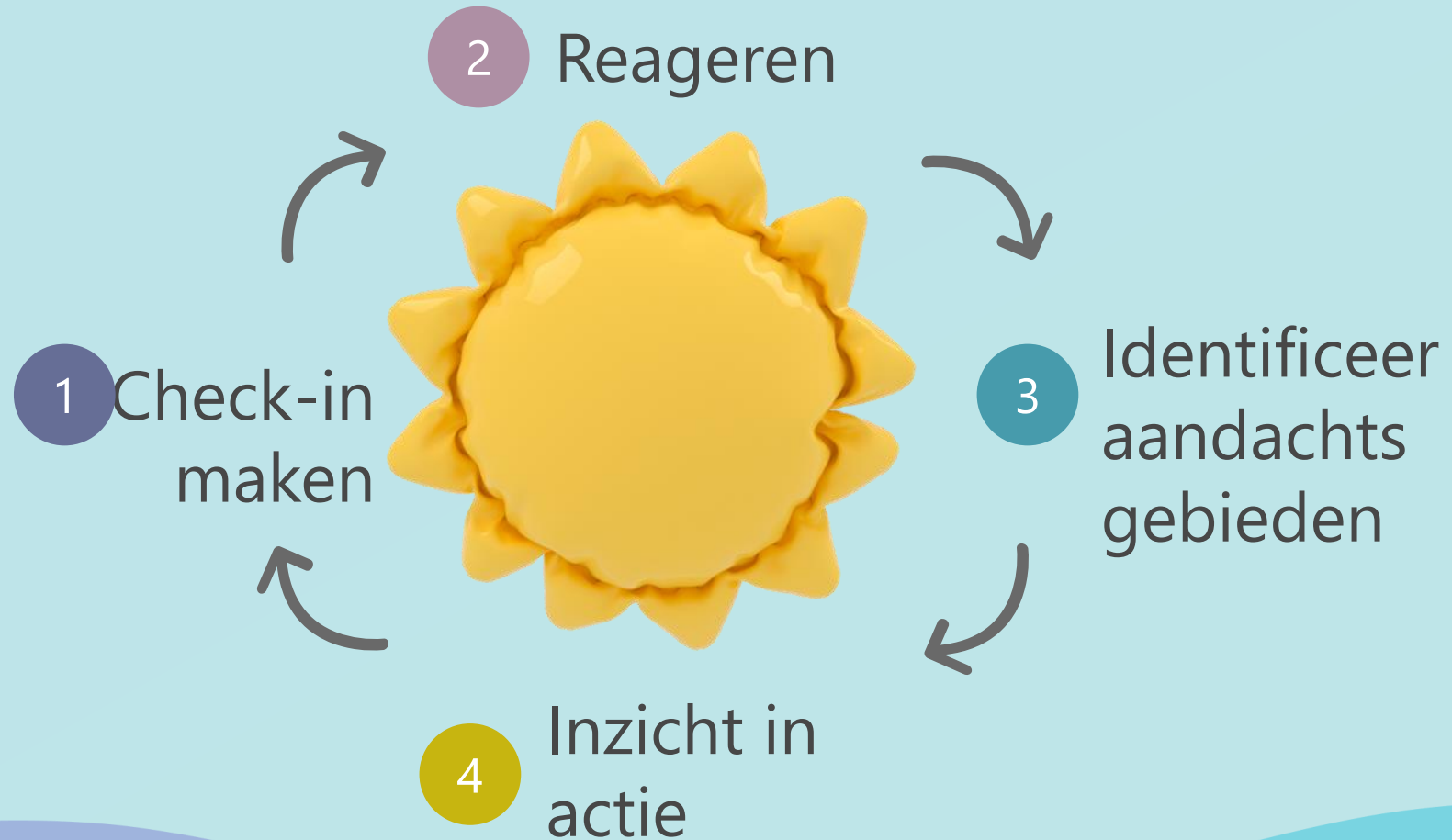
Ontwikkel de mindset  
om te groeien &  
zelfvertrouwen



**Sometimes, just giving a friend time to feel their emotions can help them to feel better.**



# Hoe Reflect werkt



Maak Reflect onderdeel  
van je routine




**Libby Harrison**  
Educator



- Activity
- Chat
- Teams
- Assignments
- Calendar
- Files
- Insights

< All teams



**Language Arts** ...

Class Notebook

Assignments

Grades

Insights

**Reflect**

---

**Channels**

General

Announcements

Homework Help

Final Project

FAQ

[Add channel](#)

**Reflect**



**Don't you just love a blank slate?**  
 Make space for students to share how they feel when you create your first check-in.

[Create new check-in](#)

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**Language Arts**

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FAQ

[Add channel](#)

## Reflect

Create new check-in

Demo student view

### Step 1 of 2: Select a question

- How are you feeling today?
- Overall, how did this week feel for you?
- How do your friendships feel today?
- How are you feeling about [enter your topic here?](#)

What students can see

Responses but not names

What educators can see

Student names and responses

Cancel Back Next

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Grades  
Insights  
Reflect  
Channels  
General  
Announcements  
Homework Help  
Final Project  
FAQ  
Add channel

### Reflect

Create new check-in

Demo student view

#### Step 1 of 2: Select a question

- How are you feeling today?
- Overall, how did this week feel for you?
- How do your friendships feel today?
- How are you feeling about enter your topic here?

What students can see

Responses but not names  
Responses but not names  
No responses and no names

What educators can see

Student names and responses

Cancel

Back

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< All teams



### Language Arts

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- Reflect

### Channels

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- FAQ
- [Add channel](#)



## Reflect

Create new check-in

Demo student view

### Step 1 of 2: Select a question

- How are you feeling today?
- Overall, how did this week feel for you?
- How do your friendships feel today?
- How are you feeling about [enter your topic here?](#)

What students can see

Responses but not names

What educators can see

Student names and responses

Cancel

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**Reflect**

Create new check-in

[Demo student view](#)

Step 2 of 2: **Schedule your check-in**

Duration

8 hours

Post check-in to

General

Cancel

Back

Create check-in

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  - Assignments
  - Calendar
  - Files
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  - ...
- < All teams
- Language Arts** ...
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**Reflect** ...

Recent check-ins View check-in trends [+ New check-in](#)

Status	Question	Posted at ↓	Posted in	Check-in results
8h left	♥ How are you feeling today?	Today, 9:30 AM		<div style="width: 100%;"></div>

**Angel Brown**  
Student





Search or type a command



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### Language Arts

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## General

Posts

Files



Thank you!!!!



**Christie Cline** Yesterday at 8:23am

These are both really helpful!

← Reply



**Reflect** Just now

Educators see your name and reflection  
Classmates won't see your name

### How are you feeling today?

by Libby Harrison | Closes 5:30 PM



← Reply

Start a new conversation, use @ to mention someone





Search or type a command



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## Language Arts



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## Reflect



### Your responses

How are you feeling today?



Closing in 8h

Left sidebar navigation menu including Activity, Chat, Teams, Assignments, Calendar, Files, and Channels for the 'Language Arts' team.

Reflect app header with logo and title.

Main content area showing 'Your responses' with a list of emotion words and a large feedback card featuring a cartoon monster and the text 'feeling appreciated and important'.



Search or type a command



Activity



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Calendar



Files



All teams



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## Reflect

### Your responses

How are you feeling today?



Closing in 8h



Today I feel motivated.

awed calm cheerful comfortable confident content creative curious  
 energized excited focused glad grateful happy included inspired  
 motivated optimistic peaceful proud successful valued



Who can see it?



Cancel

Submit your response



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**Reflect**

Your responses


How are you feeling today?

Closing in 8h


Today I feel bored.

annoyed
  bored
 calm
  comfortable
  confused
  content
  curious
  focused

glad
  pensive
  reserved
  restless
  sensitive
  shocked
  skeptical
  tired



not interested or engaged

Who can see it? 

Cancel Submit your response

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### Reflect


#### Your responses

How are you feeling today?


Closing in 8h

Today I feel angry.

angry   anxious   depressed   exhausted   frightened   frustrated   hopeless  
hurt   lonely   miserable   nervous   overwhelmed   stressed   stuck   worthless



heavily upset or annoyed

Who can see it? 



Search or type a command



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## Reflect

### Your responses

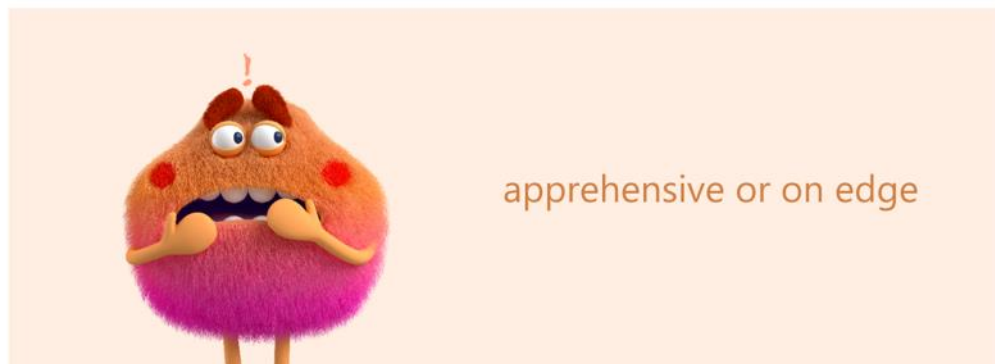
How are you feeling today?



Closing in 8h

Today I feel nervous.

- annoyed
- anxious
- apathetic
- bored
- concerned
- confused
- disappointed
- frustrated
- hurt
- jealous
- lonely
- nervous**
- overwhelmed
- sensitive
- shocked
- skeptical
- stressed
- stuck
- tired



Who can see it?

Cancel

Submit your response

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**Reflect**

**Your responses**

How are you feeling today?


Closing in 8h

Today I feel excited.

ambitious awed confident creative curious determined energized

excited focused fulfilled grateful happy included inspired motivated

optimistic peaceful proud successful valued



enthusiastic and eager to take on new challenges

Who can see it? [icon]

Cancel Submit your response

Left sidebar navigation menu including Activity, Chat, Teams, Assignments, Calendar, Files, and Channels (General, Announcements, Homework Help, Final Project, FAQ).

Reflect app header with logo and title.

Main content area showing 'Your responses' and a large modal window with a monster character and the text 'Thanks for sharing! Come back when this check-in closes to see how your class is feeling.' Includes 'Back' and 'Close' buttons.



Search or type a command



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## Language Arts



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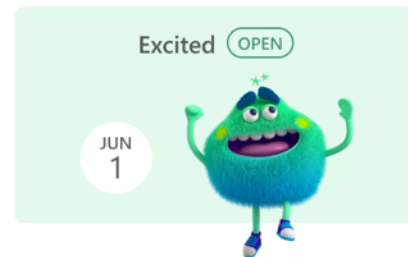
FAQ



## Reflect



### Your responses





Search or type a command



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## Language Arts



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## Reflect



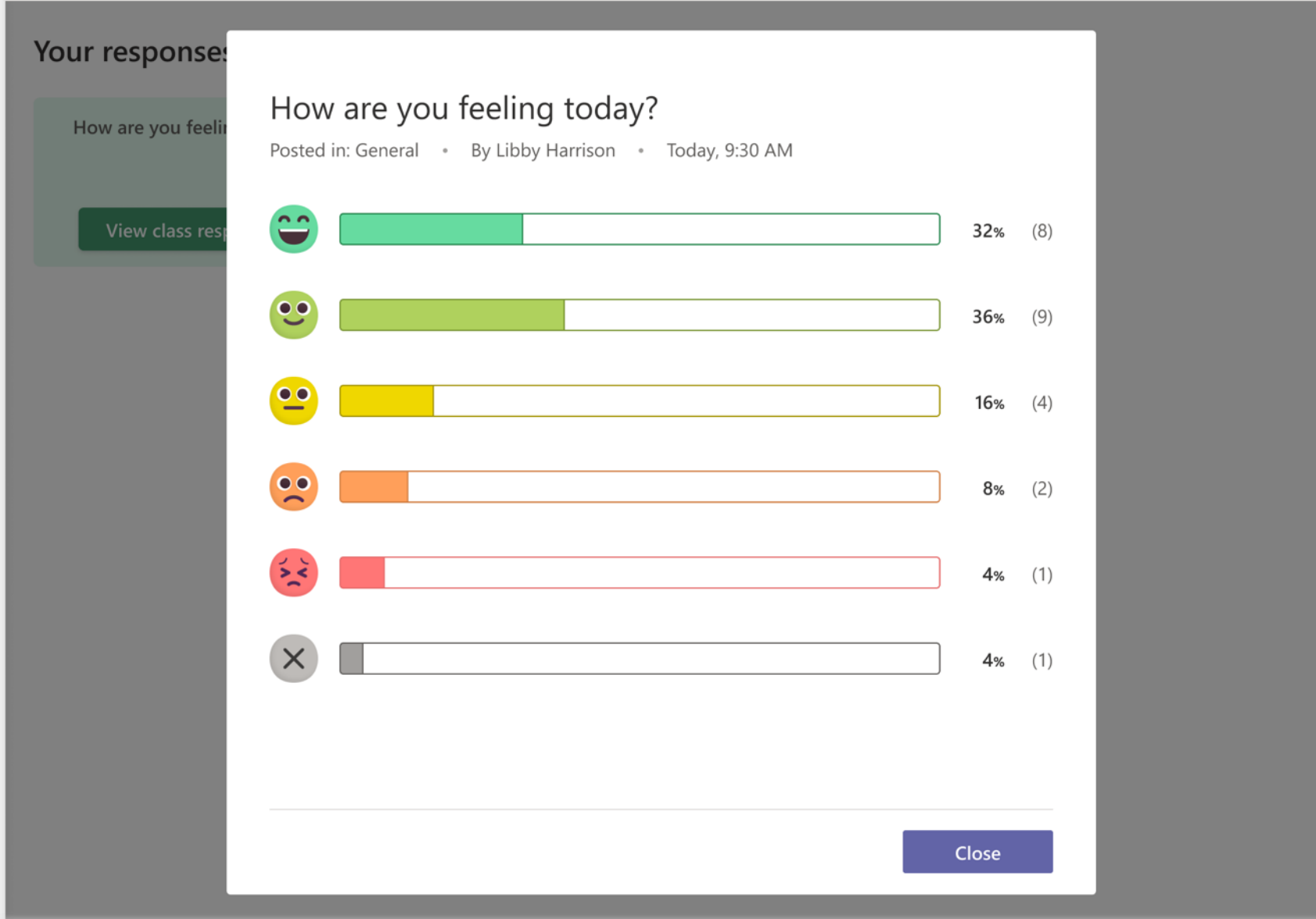
### Your responses

How are you feeling today?

View class response

Left sidebar navigation menu including Activity, Chat, Teams, Assignments, Calendar, Files, and Channels for the Language Arts team.

Reflect poll header with title and user information.







Search or type a command



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### Language Arts

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## Reflect

### Your responses

How are you feeling today?



Closing in 8h

Excited

JUN 1



Successful

MAY 30



Energized

MAY 27



Optimistic

MAY 26



Calm

MAY 25



Confused

MAY 24



Excited

MAY 23



Disappointed

MAY 20



Bored

MAY 19



Angry

MAY 18





**Libby Harrison**

Educator

- Activity
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### Language Arts

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## Reflect

### Recent check-ins

View check-in trends [+ New check-in](#)

Status	Question	Posted at ↓	Posted in	Check-in results
1h left	How are you feeling today?	Today, 9:30 AM		

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**Reflect**

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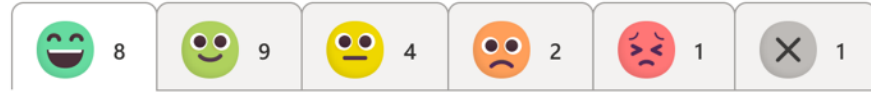
**How are you feeling today?**

Together view

Posted in: General • By Libby Harrison • Today, 9:30 AM

24/25 students have responded

1h left



Show %

Name	Response	Previous check-ins
Aunina, Diana	Energized	😊 😄 😐 😊 😞
Aunins, Nils	Excited	😊 😞 😐 😊 😡
Baltins, Georgijs	Fulfilled	😊 😄 😊 😞 😞
Carlsson, Sofie	Inspired	😊 😐 😐 😞 😞
Correa, Marco	Motivated	😊 😄 😞 😊 😞
Nilsson, Erna	Grateful	😊 😐 😐 😞 😡
Pereira, Elza	Curious	😊 😊 😐 😊 😞

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### Reflect

< Back

## How are you feeling today?

Together view

Posted in: General • By Libby Harrison • Today, 9:30 AM

24/25 students have responded

1h left



8  
 9  
 4  
 2  
 1  
 1

Show %

Name	Response	Previous check-ins
Jackson, Abigail	Stuck	

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Add channel

### Reflect

< Back

## How are you feeling today?

Together view  

Posted in: General • By Libby Harrison • Today, 9:30 AM

24/25 students have responded

1h left



8
 9
 4
 2
 1
 1

Show %

Name	Response
Jackson, Abigail	Stuck

Yesterday 9:35 AM  
 Today I feel overwhelmed.

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### Reflect

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## How are you feeling today?

Together view

Posted in: General • By Libby Harrison • Today, 9:30 AM

24/25 students have responded

1h left



Show %

Name	Response	Previous check-ins
JA Jackson, Abigail	Stuck	🙄 🙄 😡 😐 😊

- Chat with Abigail
- Self-assessment trends
- Grades and submissions
- Reading fluency trends

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**Reflect**

< Back

**How are you feeling today?**

Posted in: General • By Libby Harrison • Today, 9:30 AM

Together view

24/25 students

1h left

Show %

Check-ins

**Chat with the student**

JA Abigail Jackson

Hi Abigail,  
I noticed you've been feeling uncomfortable in the last few days.  
Is there anything going on that you would like to talk about?

Send



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### Reflect

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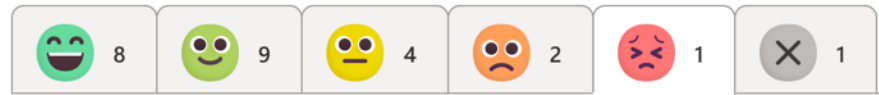
## How are you feeling today?

Together view   







Posted in: General • By Libby Harrison • Today, 9:30 AM

24/25 students have responded

1h left



Show %

Name	Response	Previous check-ins
 Jackson, Abigail	Stuck	    



Search or type a command



Activity



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Reflect

# How are you feeling today?

Today, 9:30 AM

Show student names

Close

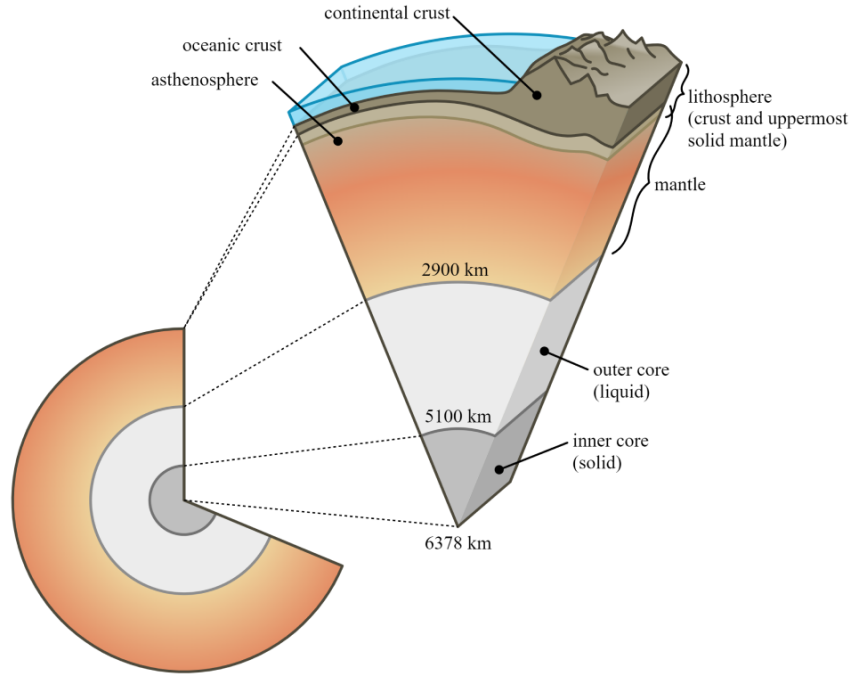


Science 7d

- Welcome > Unit 1
- \_Content Library > Unit 2
- \_Collaboration S... > Unit 3
- Akansha Gupta > Plate tectonics
- Chelse Steele > Soil
- Homework > Atmosphere
- Quizzes
- Labs

EM + New section + New page

## Plate tectonics



How well do you understand Plate tectonics?



by Estrela Macedo | Who can see it?

Submit

### New Reflect check-in

Challenge students to reflect on their learning and inform your teaching by embedding a check-in question on this page.

What would you like students to reflect on?

- Their confidence to succeed
- Satisfaction with their progress
- Their motivation to learn
- Understanding of the content
- Their prior knowledge
- Their level of effort

#### Check-in question:

How well do you understand

Plate tectonics ?

Add check-in to page

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Add channel

Reflect

Recent check-ins

View check-in trends

New check-in

Status	Question	Posted at ↓	Posted in	Check-in results
7h left	How are you feeling today?	Today, 8:34 AM		
Closed	How motivated are you to keep learning about Story Writing?	Yesterday, 10:45 AM		
Closed	How do your friendships feel today?	May 30, 8:20 AM		
Closed	Overall, how did this week feel for you?	May 27, 9:41 AM		
Closed	How well do you understand Adjectives?	May 26, 8:32 AM		
Closed	How satisfied are you with your progress in this class?	May 25, 1:30 PM		
Closed	How are you feeling about our morning collaboration game?	May 24, 12:15 PM		
Closed	How are you feeling today?	May 23, 8:22 AM		
Closed	Overall, how did this week feel for you?	May 20, 9:54 AM		
Closed	How are you feeling about the today's assignment?	May 19, 11:16 AM		

Search or type a command

Activity Chat Teams Assignments Calendar Files Insights

Language Arts

Class Notebook Assignments Grades Insights Reflect

Channels General Announcements Homework Help Final Project FAQ Add channel

### Insights

Reflect

In Teams In Class Notebook

Search students All reflections Last days Responses: 😞 😟 😐 😄 😁

Number of check-ins: 7 +3

Average participation: 24/25 +1

Top words: Excited, Motivated

#### Class response distribution

Time	Question	Response Distribution
Average		[Progress bar]
Today 10:20 AM	How are you feeling today?	[Progress bar]
Jun 1 09:10 AM	Overall, how did this week feel for you?	[Progress bar]
May 30 11:32 AM	How do your friendships feel today?	[Progress bar]
May 27 8:19 AM	How do you think your classmates are feeling right now?	[Progress bar]
May 26 8:10 AM	How do your friendships feel about last assignment?	[Progress bar]
May 25 11:18 AM	How are you feeling today?	[Progress bar]
May 24 8:13 AM	How are you feeling today?	[Progress bar]

Is it helpful? 🗨️

#### Most common words

Word	Count	Bar
Excited	27	[Bar]
Motivated	25	[Bar]
Proud	24	[Bar]
Sad	21	[Bar]
Lonely	21	[Bar]

Is it helpful? 🗨️

#### Student list

Words: Emotion distribution

Student	Emotions summary
Pena, Eleanor	[Progress bar]
Pena, Brandon	[Progress bar]
Alexander, Leslie	[Progress bar]

**Sam Carter**  
School leader



Activity

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Pineview School Staff

General

History Department

Language Arts Department

**Math Department**

Science Department

General Posts Files Staff Notebook Reflect Student Analytics Staff Team Dashboard 1 more + Meet

Create check-in Demo respondent view

### Step 1 of 2: Select a question

Personal
  Classroom relationships
  Educator support
  Custom

Overall, how did this week feel for you?

How do you feel about the way you managed your emotions this week?

How do you feel about the way you leveraged personal strengths this week?

How are you feeling about the progress you've made towards your personal goals?

How do you feel about how you mobilized growth mindset this week?

How did this week's workload make you feel in comparison to a normal week?

What members can see: Responses but not names

What team's owners can see: Response distribution

Cancel Next

# Check in met vertrouwen



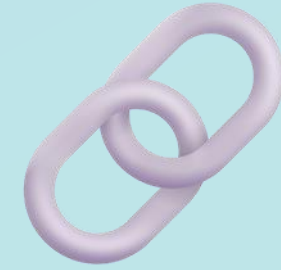
## Veilig

Reflect voldoet, als onderdeel van Microsoft 365, aan nationale, regionale en branchespecifieke voorschriften voor het verzamelen en gebruiken van gegevens, waaronder de AVG en de Family Educational Rights and Privacy Act (FERPA) die de privacy van de onderwijsgegevens van studenten beschermt.



## Privé

De antwoorden van de student worden bewaard tussen de student en zijn docent. Hoewel docenten ervoor kunnen kiezen om de verdeling van reacties te delen, zullen studenten nooit de namen van hun klasgenoten zien die aan reacties zijn gekoppeld.



## Geïntegreerd

Education Insights brengt Reflect-gegevens van Teams en Class Notebook samen om docenten toegang te geven tot de trends van incheckresultaten in de loop van de tijd.





Vergroot de impact  
met kant-en-klare  
SEL-activiteiten



# x Kahoot!

1.2M+  
players!

**Reflect in Microsoft Teams**  
[Learn more about Reflect](#)

Kahoots: 34 | Plays: 267.2k | Players: 1.1m | [Follow](#)

**Featured kahoots**

- Comfortable Emotions** (13 questions) • reflectapp • 42k players
- Uncomfortable Emotions** (16 questions) • reflectapp • 165.2k players
- Expressing Feelings** (20 questions) • reflectapp • 215.5k players
- Managing Stress** (11 questions) • reflectapp • 153.9k players

Filters: Social Emotional Lea... | Professional Develop... | El aprendizaje social ... | לימודי רגשית-חברתית (SEL) ...

**Social Emotional Learning (SEL)** [See all](#)

**Kahoot!**

Questions (13) [Show answers](#)

1 - Slide  
**Comfortable emotions**

2 - Quiz  
**What emotions might the Feelings Monster feel in this image?**

3 - Quiz  
**What do you think the monster is feeling?**

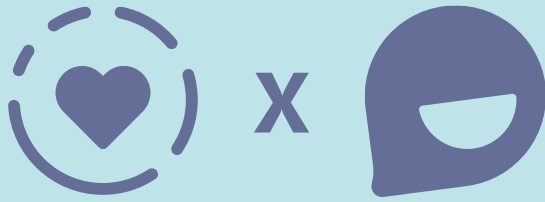
4 - Slide  
**What's something that makes you feel proud?**

5 - Slide  
**What does your proud stance look like?**

6 - Quiz  
**What other words are comfortable emotions, similar to happy?**


7 - Quiz


*Ready-to-play games*



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Partners / Reflect in Microsoft Teams




 **Reflect in Microsoft Teams**

Inviting students to share their feelings helps build a classroom environment where student's emotions matter and it is safe to learn and grow. We're pleased to introduce The Feelings Monster in Reflect, who brings over 50 nuanced emotions to life to help educators initiate SEL lessons, and students ... [See More](#)


**Popular Topics** [View all](#)

-  Asking for help [Reflect Team](#)
-  Working towards a goal [Reflect Team](#)
-  Managing stress [Reflect Team](#)

**Collections** [View all](#)



24 Topics by "Reflect in Microsoft Teams"



**Topic details**

**Creator**  
[Reflect in Microsoft Teams](#)

**Community**  
All / Everyone

**Subject**  
Beyond the Classroom / Community

Saved to	Engagement	Used
0 collections	15 hours and 19 minutes	22

**Tips on how to use this topic**

Use this activity before having students respond to a Reflect check-in. Regular opportunities to reflect help establish a community where it's ok to share your uncomfortable emotions. This role-playing activity can help students develop empathy and feel comfortable being honest about their challenges. <https://aka.ms/reflect>

**Asking for help**

Our emotions are constantly changing - and that's ok! We don't always enjoy them, sometimes they are uncomfortable. Uncomfortable emotions can be an opportunity to learn or a sign that something needs to change. Sometimes we need help when we're experiencing uncomfortable emotions. Asking for help isn't always easy, but it's totally normal to need help sometimes!

What would you say to a friend who was shy about asking for help? Share a video pretending to encourage a friend who is dealing with a lot of uncomfortable emotions to talk to a trusted adult.

*Ready-to-use topics*



x



# Digital stickers



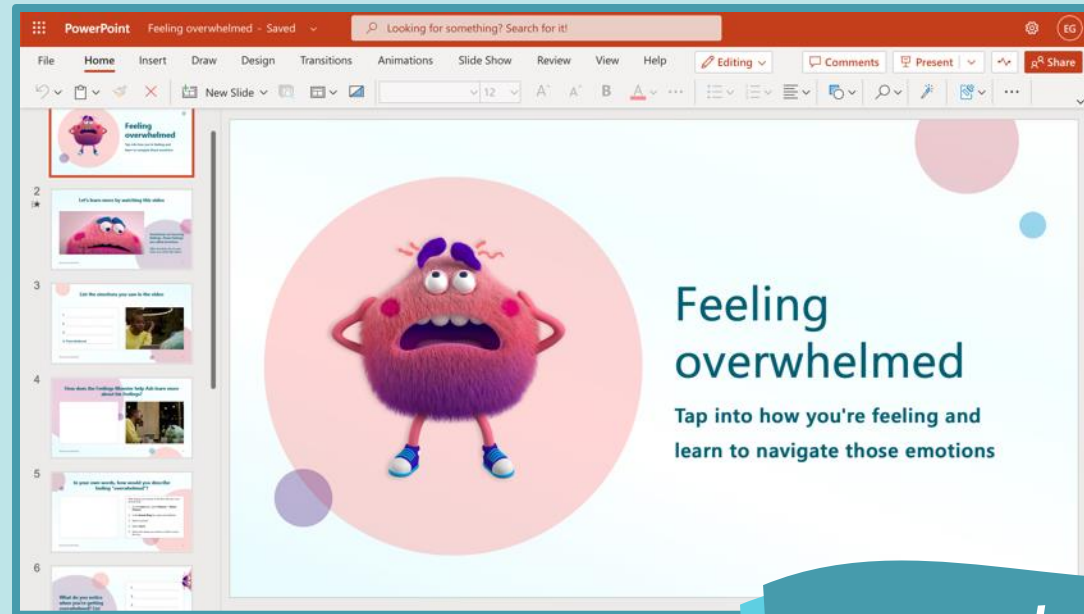


X



## How do you feel today?

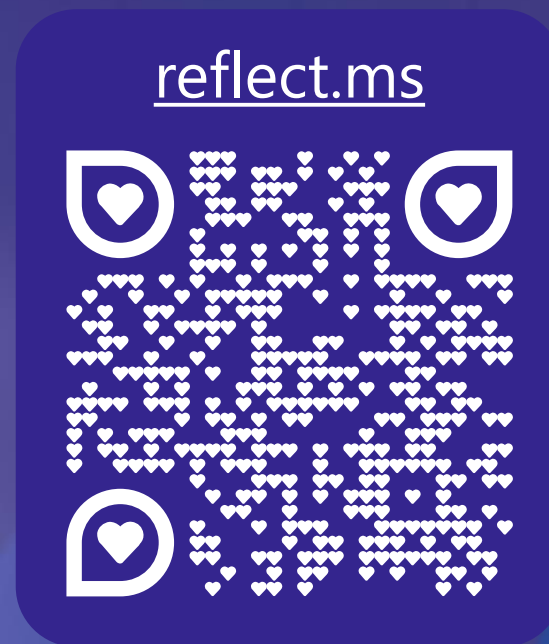
Name your emotions with the Feelings Monster in Reflect.



*Posters and activities*



# Get started with Reflect



Love Reflect? Share it on social!

#FEELINGS  
MONSTER

MICROSOFT  
#EDU

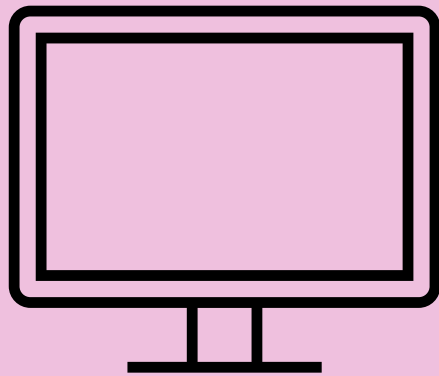
# Microsoft Reflect World in Minecraft - YouTube

There will also be options to use Reflect offline, using an emotion board.

This will give you an option to print out five base emotions, and a bunch of images of animals.

In the Reflect tool, you can assign student names to each animal. You then cut out these images and give them to your students physically, so that they can put their animal underneath one of those five base emotions. By simply taking a picture of this physical emotion board and uploading it to the Reflect tool, Reflect will automatically connect the chosen emotion to the animal/corresponding student. That's something that was shown at Bett, but I haven't seen it within the tool just yet, so it's coming soon hopefully!

# Insights





## Insights

4 spotlights **3 NIEUW**

### Activiteit



19 leerlingen/studenten waren afgelopen week inactief



### Activiteit



Goed nieuws. **Al** uw leerlingen waren in November actief



### Opdrachten



**BIJGEWERKT** 6 leerlingen/studenten hebben **Excel-leren deel 3** opdracht nog niet bekeken



## Digitale afspraak deze week

### ACTIVITEIT VAN LEERLING/STUDENT

1

inactieve leerlingen/studenten

▼ 18 minder dan vorige week

[Activiteit van leerlingen/studenten bijhouden](#)

### COMMUNICATIE

84

nieuwe communicatie

▲ 84 meer dan vorige week

[Communicatieactiviteit ontdekken](#)

### REFLECT

Belangrijkste woorden: Vrolijk, Tevreden

[Klasreacties weergeven](#)

## Opdrachten voor December

### STATUS

17

gemiste inzendingen

▼ 51 minder dan vorige maand

[Opdrachtstatus controleren](#)

### CIJFERS

Nog geen cijfers

[Distributie en trend voor cijfers weergeven](#)

< Alle teams



## 21-TH1A-ict&m

Class Notebook

Opdrachten

Cijfers

Insights

## Kanalen

Algemeen

Online Les

Word WORD-kampioen



21-TH1A-ict&m



- Class Notebook
- Opdrachten
- Cijfers
- Insights

- Kanalen**
- Algemeen
  - Online Les
  - Word WORD-kampioen

< Terug naar overzicht

### Digitale activiteit voor 21-TH1A-ict&m

📅 Alle activiteiten
📅 Deze week

↕ Sorteren op naam

	DEC. 6	DEC. 7	DEC. 8	DEC. 9	DEC. 10	DEC. 11	DEC. 12
1 van 21 niet actief							
BM			•				
BL			•				
BL			•				
DN			•				
EM			•				
ES			•				
EB			•				
ES			•				
GH			•				
HB			•				
JS			•				

AVG  
 😊



11:34

Weergeven:	Tabblad Bestanden
Naar kanaal gaan:	Algemeen
Reflect:	Hoe voelt u zich vandaag? 😊 - Dankbaar
Opdracht weergeven:	Excel-leren deel 3
Bestand bewerken:	Excel oefeningen deel 3.xlsx
Beantwoorden:	14 berichten