

Abstract

On this session we will explore Microsoft Reflect, a powerful well-being app designed to support students, educators, and families. Discover how it fosters self-awareness, empathy, and emotional growth. We will introduce to you Feelings Monster which help students to explore emotions and develop empathy. We will do some brain breaks for mental fitness but also some physical activity. We will show you how regular check-ins can help understanding feelings. Let's embrace Reflect and build a culture of connection, expression, and learning!