

# TEACHER CHECK-IN

On a scale of 1 - 5, how much stress are you experiencing because of work?

1 - no stress at all / 2 - a little stress / 3 - some stress / 4 - quite a bit of stress / 5 - significant stress

What are your main causes of stress right now?

What support do you need?

What is going well right now?

Anything else you want to share?

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