

7/29/2021

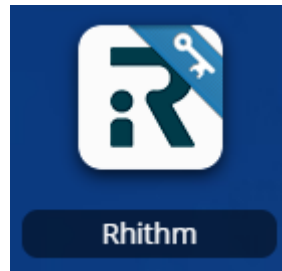


SEL Check-In App

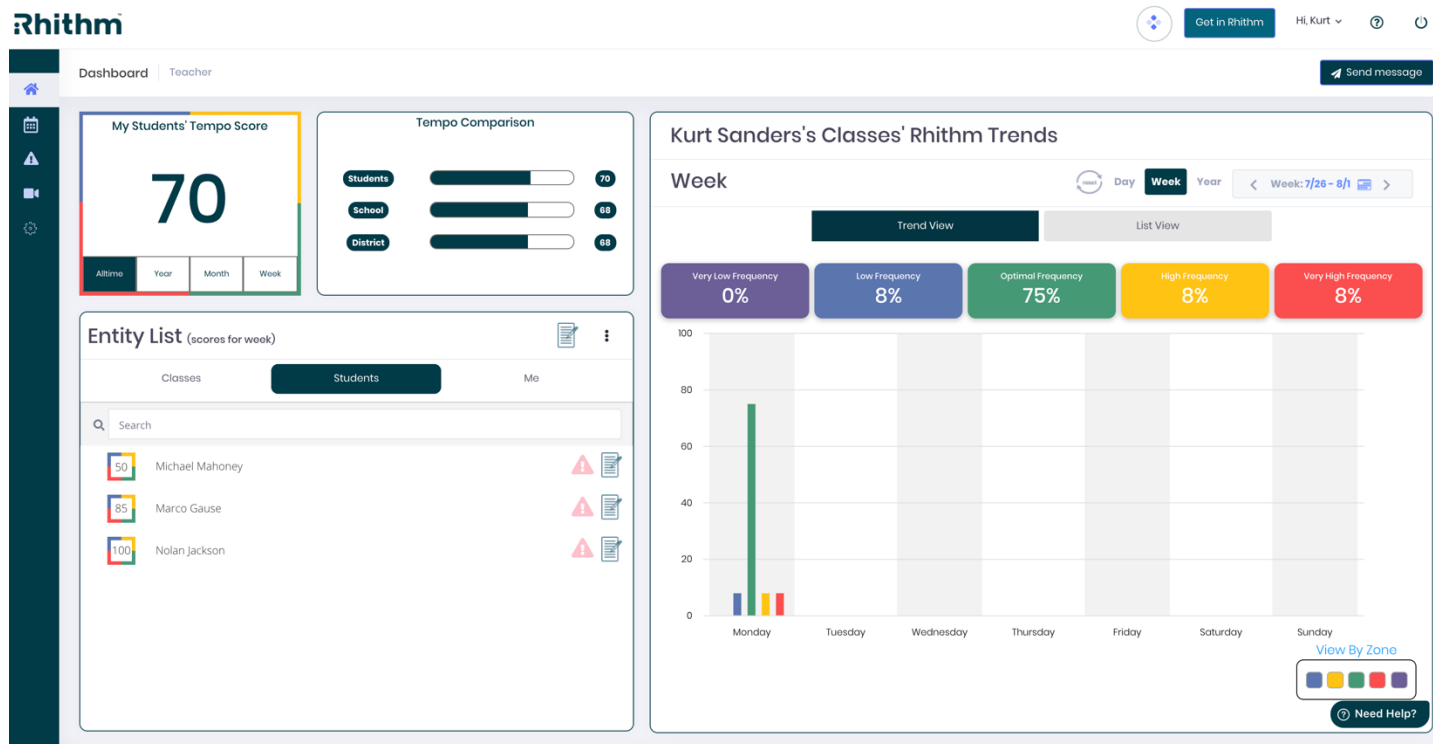
Using the RHITHM App
On ClassLink

August 2021

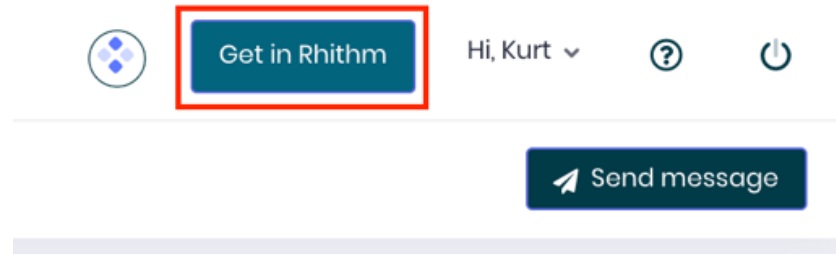
1. Login to ClassLink and click on the “RHITHM” App Icon.



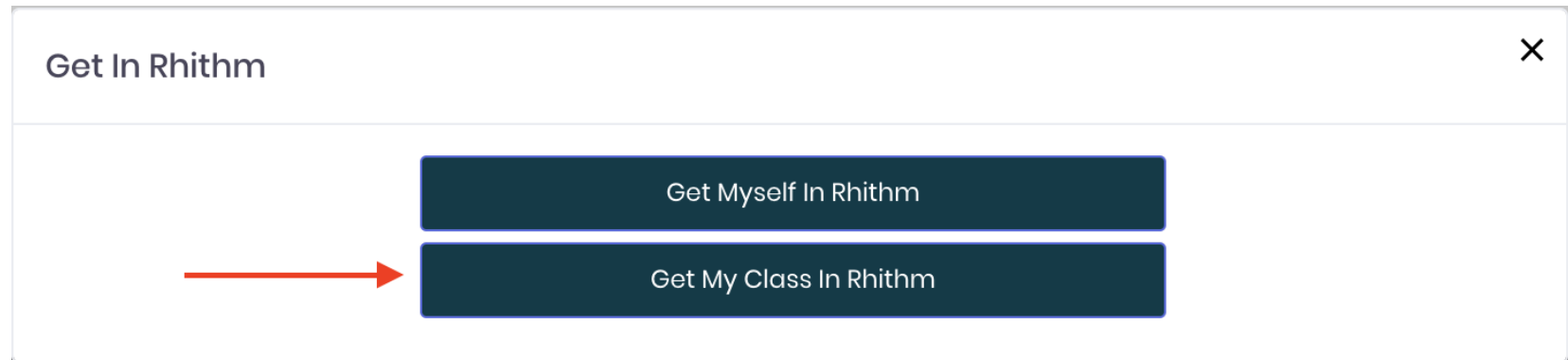
2. You will be re-directed to your Rhithm App Dashboard.



3. Select the **blue** button to get your class in Rhithm.




4. Once you select the button, you will select **Get My Class In Rhithm**.



5. Select the name of the class that you would like to send the assessment to and click **Okay**.

Get My Class In Rhythm ✕

ChooseParticipants



- ▶ Sci5 (Sci5)-02
- ▶ Math5 (Math5)-02
- ▶ Class of Kurt
- ▶ Morning Group - 10am Checkin
- ▶ Support Group
- ▶ 5pm Checkin
- ▶ All of my students
- ▶ Virtual learners
- ▶ SCIENCE 34

Cancel Okay

6. Your screen will refresh, and you will be taken to the Live Dashboard view. This view will allow you to live view students taking the assessment and their live answers to the questions.

The screenshot displays the Rhythm Live Dashboard interface. At the top left is the Rhythm logo. The top right contains a 'Get in Rhythm' button, a user profile 'Hi, Kurt', a help icon, and a power icon. Below the header, a navigation bar includes a 'Back' button, session details: 'Assessment Type: Get In Rhythm Basic', 'Creator: Kurt Sanders', 'Created On: 07/29/2021 - 12:31 PM', 'Invitee: Sci5 (Sci5)-02', and an 'End Session' button.

The main content area is divided into three sections:

- Session Tempo Score:** A large '0' is displayed in a white box with a multi-colored border. Below it, the text 'Session Tempo Score' is visible.
- Session Options:** A panel containing:
 - A dropdown menu set to 'Play Activity On All Participants Devices'.
 - Another dropdown menu set to 'Individualized Activity'.
 - An unchecked checkbox labeled 'Log participants out after activity'.
 - A 'Save' button.
- Frequency Metrics:** Five colored boxes representing activity frequency levels, all showing 0%:
 - Very Low Frequency (purple): 0%
 - Low Frequency (blue): 0%
 - Optimal Frequency (green): 0%
 - High Frequency (yellow): 0%
 - Very High Frequency (red): 0%

Below these sections is a 'Participants (3/3)' list with a refresh icon:

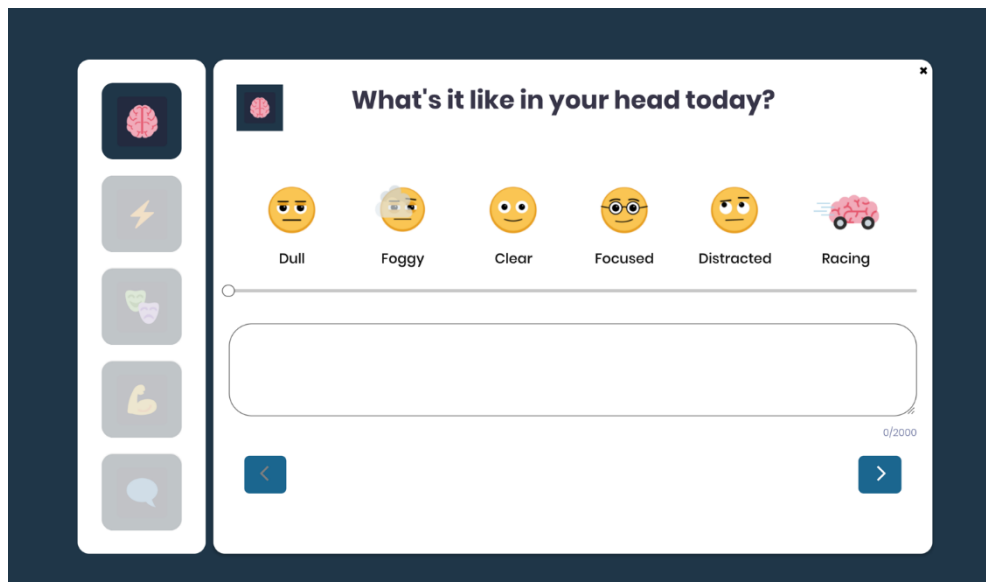
Participant	Score
Marco Gause	0
Michael Mahoney	0
Nolan Jackson	0

STUDENT'S POINT OF VIEW:

1. Students will access RHITHM by clicking on the icon on ClassLink.
2. After you push the assessment to the students within your class, the students will select the **blue Get In Rhythm** icon at the top of their screen, and then select the class name.



- After that, the student's will be directed to the 5-question assessment.



- Once the assessment is complete, the student will receive a 1-to-3.5-minute video based on their assessment results that will help the student to become regulated for learning.

Lower Body Stretch

RHITHM SKILL:
HEALTH BOOST

CASEL SKILL:
SELF-MANAGEMENT

RUN TIME:
1.5 Minutes

▶ 0:03 / 2:31

Rhithm

◀ Previous Next ▶

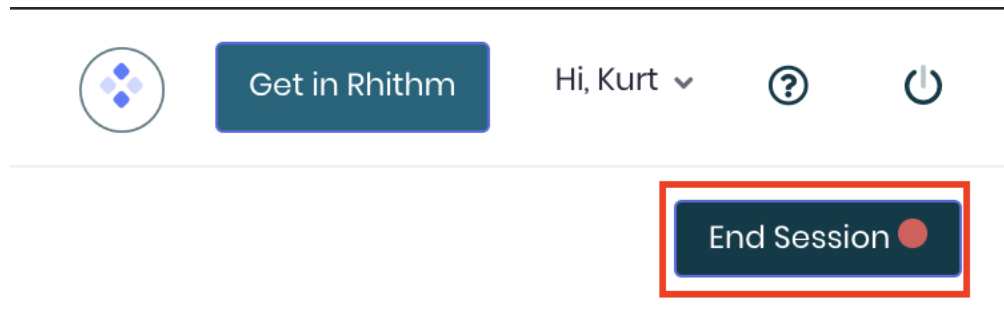
Close

7. You can select to do a group activity with your students. If you do not select to do a group activity, the system will automatically provide an individualized activity for the student based on their assessment results.

- To select a group activity, you will change this setting under **Session Options**. Select the drop-down menu and select **Group Activity**.
- (Select to **Play Activity on My Device** if you have a monitor that you can display the activity video for all of the students to watch together.)
- After making the changes, select **Save**.

The image displays two side-by-side screenshots of the 'Session Options' form. Both screenshots show a title 'Session Options' at the top. The left screenshot shows a dropdown menu for 'Play Activity On All Participants Devices' with three options: 'Play Activity On All Participants Devices' (highlighted in blue), 'Play Activity On My Device', and 'Log participants out after activity' (with an unchecked checkbox). A 'Save' button is visible at the bottom right. The right screenshot shows a dropdown menu for 'Individualized Activity' with three options: 'Individualized Activity' (highlighted in blue), 'Group Activity', and an option that is partially obscured. A 'Save' button is also visible at the bottom right.

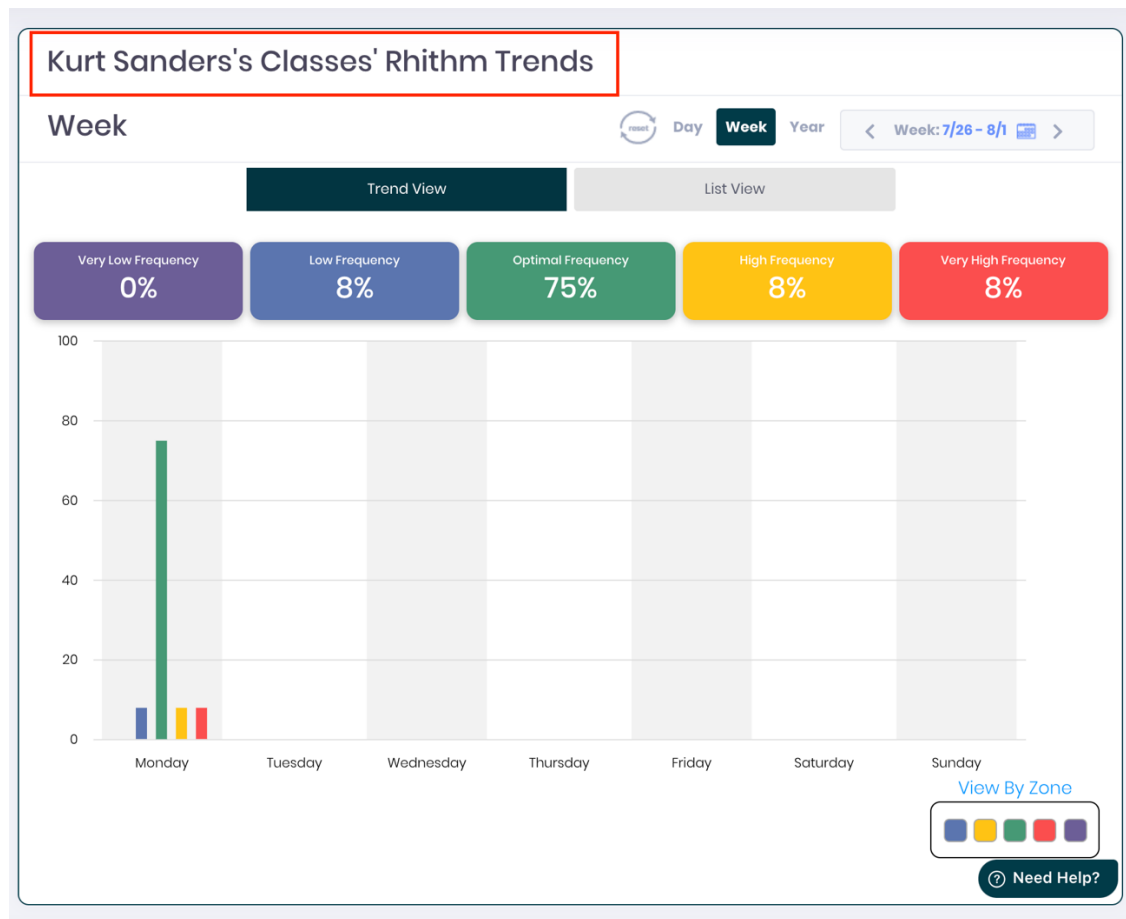
8. If you would like to end the session at any time, you can select **End Session** in the top right-hand corner.



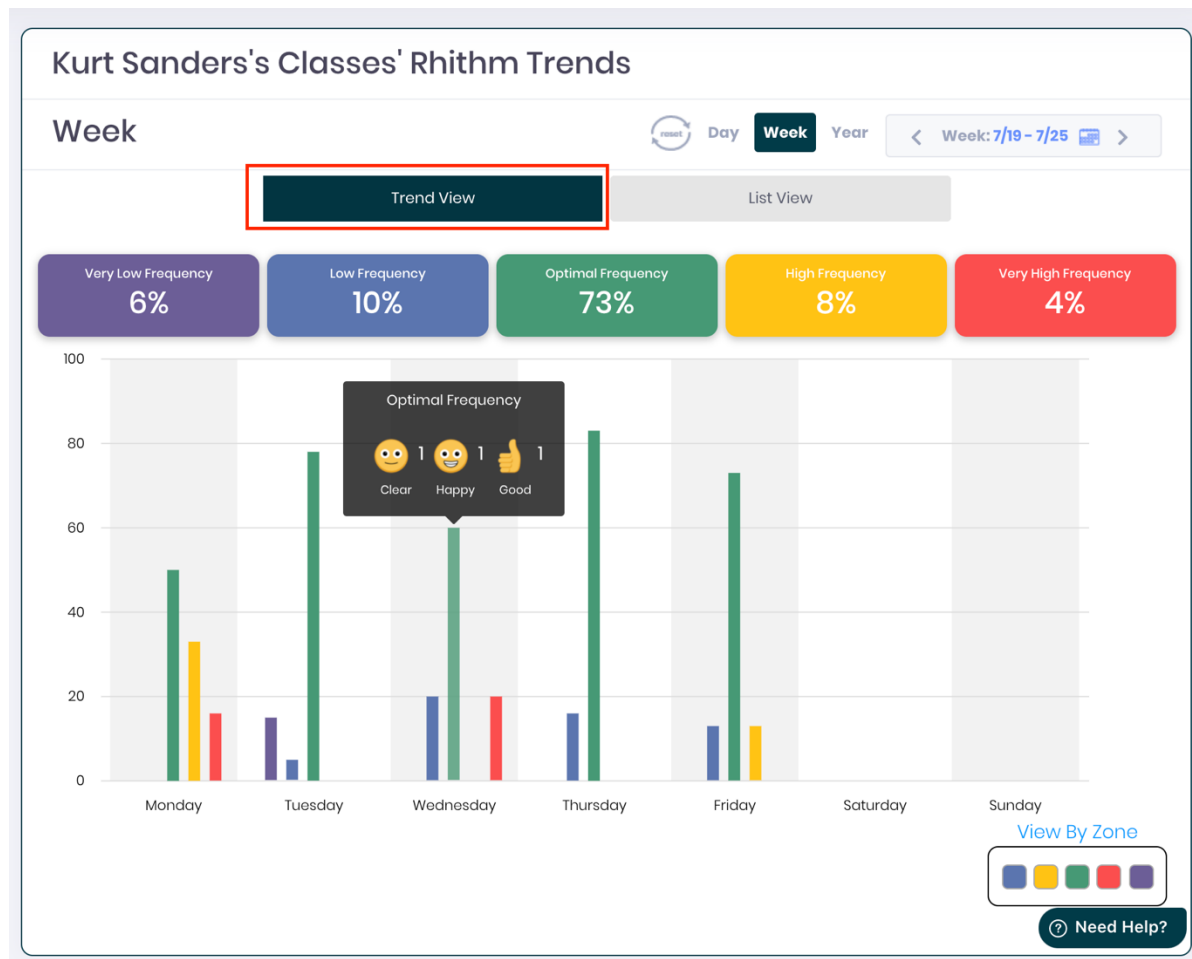
Rhithm Dashboard: Rhithm Trends

Rhithm Trends allows you to review the data from the students' assessments. The five different colored boxes represent the 5 zones of Regulation, which we refer as the *Rhithm Regulation Spectrum*. The boxes correspond to the various emojis within the assessment and will provide you with overall information of your student's regulation level.

You can view this information under **Trend View** and **List View**



9. The **Trend View** will showcase the students' assessment information in a bar graph. You can hover over each bar to see the break-down of the emojis that were selected and the number of students that selected the emoji.



10. Under **List View**, you will be able to review more granularized details from the student's assessment. Such as, the emoji that the students selected and what category it falls within. You will also be able to export this data by clicking the export session icon above the note column.

The screenshot displays the 'Kurt Sanders's Classes' Rhythm Trends' interface. At the top, there's a title 'Kurt Sanders's Classes' Rhythm Trends'. Below it, a navigation bar includes a 'Week' tab, a 'reset' button, and a date range selector showing 'Week: 7/26 - 8/1'. A secondary bar contains 'Trend View' and 'List View' buttons, with 'List View' highlighted by a red box. To the right of these buttons is a red arrow pointing to an 'export session' icon (a document with an 'x'). Below this is a table with columns: Date, Name, Mental, Energy, Emotional, Physical, Social, and Note. The table contains three rows of data for student Marco Gause on 7/26/21. The first row shows 'Clear' for Mental and 'Good' for Energy. The second row shows 'Focused' for Mental, 'Good' for Energy, 'Happy' for Emotional, 'Meh' for Physical, and 'Great' for Social. The third row shows 'Focused' for Mental, 'Hyper' for Energy, 'Angry' for Emotional, 'Good' for Physical, and 'Great' for Social. A 'Need Help?' button is located in the bottom right corner.

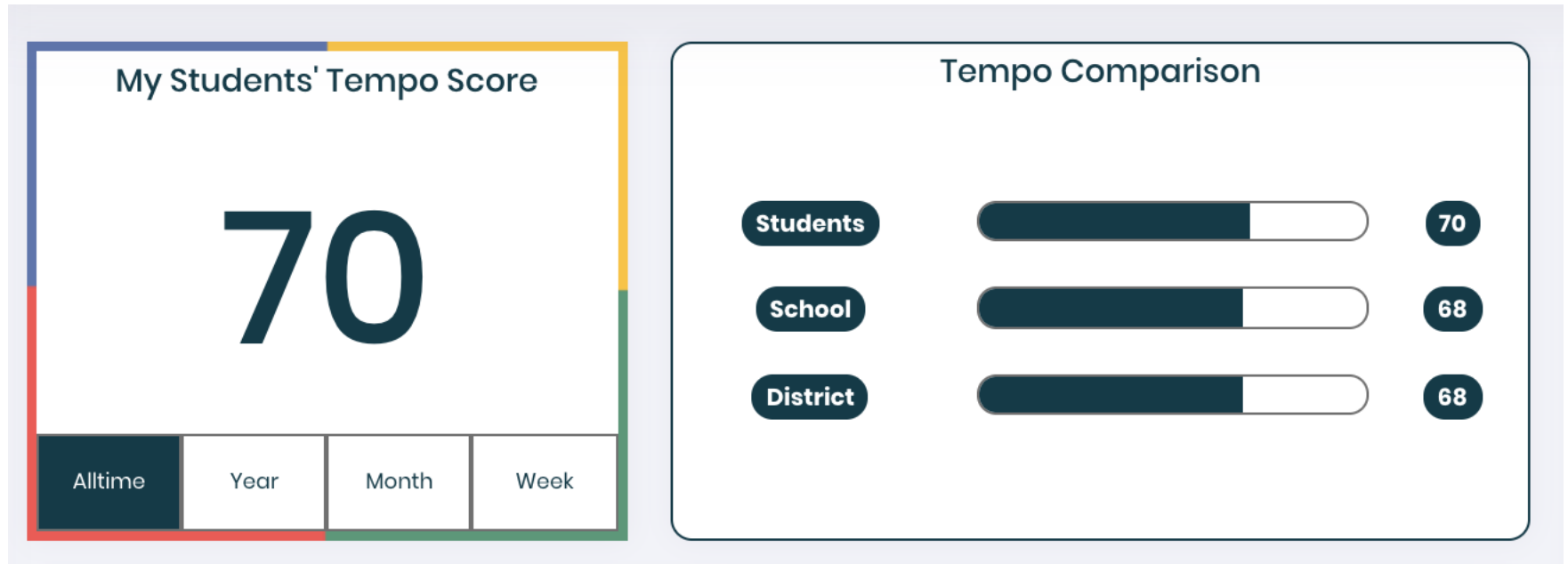
Date	Name	Mental	Energy	Emotional	Physical	Social	Note
7/26/21 9:58 AM	Marco Gause	Clear	Good				+
7/26/21 9:49 AM	Marco Gause	Focused	Good	Happy	Meh	Great	📄 🗨️
7/26/21 5:01 AM	Marco Gause	Focused	Hyper	Angry	Good	Great	+

11. The **Entity List** provides a breakdown of the various classes and students that are assigned to you. You will also be able to review the student's overall Tempo Score in the box next to their name. If you would like to see any of the student's comments or notes for the week, select the paper and pen icon on the far-right hand side.

The screenshot displays the 'Entity List' interface, which is titled 'Entity List (scores for week)'. The interface has three tabs: 'Classes', 'Students' (which is selected and highlighted in dark blue), and 'Me'. Below the tabs is a search bar with a magnifying glass icon and the text 'Search'. The main content area lists three students, each with a score in a colored box, their name, and two icons on the right: a red warning triangle and a paper-and-pen icon. The students listed are Michael Mahoney with a score of 50, Marco Gause with a score of 85, and Nolan Jackson with a score of 100.

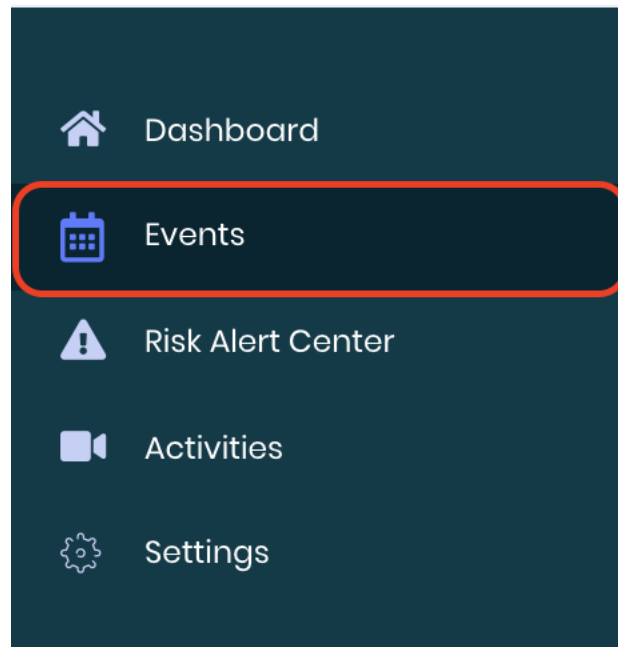
Score	Student Name	Warning Icon	Notes Icon
50	Michael Mahoney	Yes	Yes
85	Marco Gause	Yes	Yes
100	Nolan Jackson	Yes	Yes

12. The **Tempo Score** is a consolidated score based on the *Rhythm Regulation Spectrum*. The score ranges from a 0 to 100 scale. The score is **not** a pass or fail grade, but an overall view of how regulated your students are from weekly, monthly, and annually. You will be able to review the student's overall Tempo Score for your class, and how it compares to other students within the school and the district.



13. **Event Scheduler:** You can schedule out the Rhithm assessments so that you can perform regular check-ins without having to manually push out the assessment. To accomplish this, you will select **Events** from your menu on the left-hand side.

Rhithm™



14. On the top-right hand corner select **(+)Schedule**

-
-
-
-
-

Assessment Type

Get In Rhithm Basic

Get In Rhithm Basic

Rhithm Assessment & Session Calendar

+ Schedule

< >

JULY 2021

month

week

day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

Need Help?

15. Once you select schedule, a pop-up will appear where you can select and enter the details for the event/session that you would like to schedule.

Type in a title that you would like name your session. (I.E. Morning check-in, Afternoon check-in, etc.)

Schedule a Session ✕

Name Your Session

Targeted Users

Select

Session Option

Play Activity On All Participants Devices ▾

Individualized Activity ▾

Event Color ● ● ● ● ● ● ● ● ● ● ● ●

Start At :

End At :

End Time cannot be before Start Time.

Repeat this event

Cancel

17. After you name the session, click the **Select** icon under **Targeted Users**

Targeted Users

Select

18. Select **ALL** of your students, then hit **Continue**.

Schedule List

Students Classes

Search

Sort by

All Specific

Selected: All

Select All Current Page

Marco Gause

Michael Mahoney

Nolan Jackson

Cancel Continue

19. After that, you can select if you would like to schedule out for the sessions to play on the student's individual devices or to do a group activity. Please refer to the information in **Step 7** regarding this section.

20. Next, select the **Starts At** and **Ends At** time frame.

You will want to choose the same date and specify the time frame. This implies how long you will keep the assessment open for the students. The assessment will take on average 5 minutes or less.

Start At	<input type="text" value="07/30/2021"/>	<input type="text" value="08"/>	:	<input type="text" value="00"/>	<input type="text" value="AM"/>
End At	<input type="text" value="07/30/2021"/>	<input type="text" value="08"/>	:	<input type="text" value="30"/>	<input type="text" value="AM"/>

21. **Check the box** to repeat this event.

Select to repeat the event **daily**.

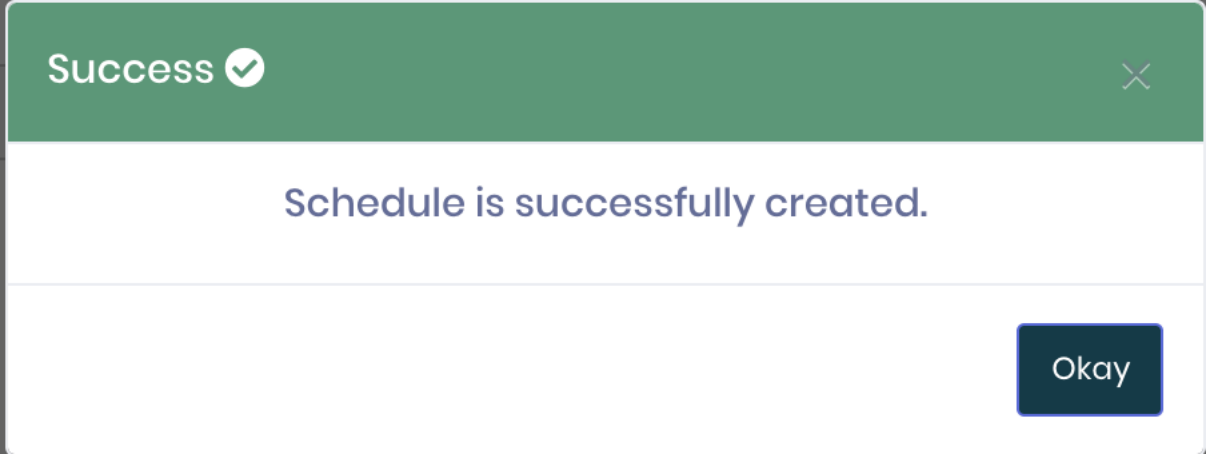
Choose the last day of school for the date in the **Until** box. Select **Save**.

Repeat this event

Repeat

Until

22. Once you select **Save**, you will receive the following confirmation message:



23. Next, you will be redirected back to your calendar and you can confirm that you have successfully created a schedule for the Rhythm assessment.

The screenshot displays the Rhythm Assessment & Session Calendar for July 2021. The interface includes a sidebar with navigation icons, a top navigation bar with the Rhythm logo and user information, and a main calendar area. The calendar is currently in 'month' view. Two events, 'BA Morning Check-in', are visible on the 29th and 30th of the month.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Events on the 29th and 30th:

- BA Morning Check-in
- BA Morning Check-in

If you have any questions, please feel free to reach out to our Rhithm Support Team (Support@Rhithm.app)

We are always happy to help! 😊

Please review some helpful videos below:

How to review notes/comments from students: [Click Here](#)

How to create or schedule the Rhithm Assessment in Events: [Click Here](#)

How to create a custom class: [Click Here](#)

How to view my Risk Alerts: [Click Here](#)


How to navigate my Entity List: [Click Here](#)

How to navigate Rhithm Trends: [Click Here](#)

Live Session Dashboard: [Click Here](#)

What is your mind feeling today?

Como se siente tu mente hoy?

What's it like in 
your head today?



Dull

Dull/Boring- *aburrida*



Foggy

Foggy/cloudy- *con neblina/borroso*



Clear

Clear- *despejada/clara/tansparente*



Focused

Focused/concentrated- *enfocada*



Distracted

Distracted/preoccupied/busy- *distraida*



Racing

Racing/rushing/speeding- *muy de prisa/rapida*

How is your energy today?

Como esta tu energia?



Exhausted/drained/very tired -*agotado*

Tired – *Cansado*

Good- *bien/buena*

Energized- *con mucha energia*

Hyper- *hiper/inquieto*

Out of Control- *fuera de control*

How do you feel today?

Como te sientes hoy?

How do you feel today? 🍷



Sad

Sad/unhappy – *triste*



Down

Down/sad- *desanimado*



Content

Content/happy- *feliz/alegre*



Happy

Happy/joyful – *feliz/contenta*



Anxious

Anxious/nervous- *ansioso/nervioso*



Angry

Angry- *enojado/enfadado*

How does your body feel today?

Como se siente hoy tu cuerpo?

How does your
body feel today? 🍌



Hungry

Hungry- hambriento



Meh

Meh/indifferent/so so-*indiferente/ mas o menos*



Good

Great- maravilloso/ *genial*



Great

Very Good/marvelous – *muy bien/maravilloso*



Injured

Injured/hurt – *herido/lastimado*



Sick

Sick – *enfermo*

How's your social life going today?

Como va tu vida social hoy?

How's your social life going today?



Bad

Bad/not too good – *muy mal/ no muy bien*



Meh

Meh/indifferent/ So So – *Meh/indiferente/ mas o menos*



Good

Good – *muy bien*



Great

Great – *genial*



Disagreement

Disagreement – *desacuerdo*



Conflict

Conflict – *conflicto*