

<b>STRATEGY GROUP: Affective</b>
<b>STRATEGY SET: Taking your emotional temperature</b>
<b>STRATEGY:</b> Using a checklist

A checklist helps learners in a more structured way to ask themselves questions about their own emotional state, both in general and in regard to specific language tasks and skills. Encourage students to complete checklists periodically at home, or else give students 10 or 15 minutes of class time on a regular basis to do checklists.