



Teach essential wellness skills, and gain actionable insights



The teaching of essential wellness skills is foundational and proven to have a positive and long-reaching impact on student outcomes, both in school and beyond. When educators help their students develop self-awareness and emotion regulation skills, they see improvements in everything from classroom behavior to academic performance to college readiness.

While the evidence supporting the importance of life skill development is indisputable, districts and schools often find it difficult to teach these skills. When your resources are already stretched thin, it's understandably challenging to add in yet one more thing. You can make it surprisingly simple with the Rhithm app.

Rhithm is a quick and easy check-in tool that helps students, as well as staff, develop deeper self-awareness and emotion regulation. Using an emoji-based self-reporting questionnaire, Rhithm makes it easy for students and staff to “name and claim” their current feelings. Depending on their answers, they're presented with short evidence-based learning activities. In less than five minutes, you can help your students and staff develop healthy habits, plus gain invaluable insights into school climate and wellness. With Rhithm, you can:

- Teach essential skills that improve wellbeing—in just a few minutes each day
- Provide equitable access to evidence-based wellness lessons and activities
- Get students ready to learn so they achieve to their full potential
- Identify students who may be struggling and in need of immediate intervention
- Gain invaluable insight into school climate and wellness trends
- Create data-informed and evidence-based action plans

“I love using Rhithm because it helps reach ALL of our students instead of just the few I can meet with on a daily basis.”

Christy Mendoza

School Counselor, Keller Independent School District

How Rhythm works

Students (and staff, too) self-report how they're feeling each day using a simple emoji-based questionnaire.



In under 5 minutes, you're able to support five key areas of wellness: mental, emotional, energetic, physical, and social (MEEPS).



Use self-reported data to visualize wellness trends, identify individual needs, and create evidence-based plans of action.



Benefits

- Support in-the-moment needs with evidence-based activities and lessons
- Identify student wellness concerns at an individual, school, and/or district level
- Know which students need help now and provide potentially life-saving interventions
- Deliver consistent Tier 1 intervention and prevention aligned with MTSS/RTI
- Use robust self-reported data to inform Tier 2 and Tier 3 interventions
- Share essential, action-oriented reports with teachers and school leaders

Features

- Simple emoji-based daily check-ins
- Easy setup
- Alignment with evidence-based frameworks (MTSS, RTI, TBRI)
- Integration with Classlink and Clever
- Lessons that automatically adapt for age, grade, and learning level
- Customizable surveys and assessments

Support student and teacher wellness with Securly Rhythm

With Securly Rhythm, you support the development of invaluable life skills, while gaining critical insights into student wellness and school climate.

[Register for a demo now](#)



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