



How are you feeling today?



SOWN
TO GROW

A simple, yet powerful check-in & reflection routine to help
every student feel seen, supported, and able to learn at their best!

Let's explore the
power of reflection!



Built by *educators* for *educators*!

A team of former teachers, counselors, social workers, principals, and district administrators bringing their diverse backgrounds together to **design for the realities of classrooms & schools.**



**SOWN
TO GROW**

Our story began when our co-founders Rupa & Dennis collaborated in San Jose Unified

Our work is...

Funded for *Sustainability*



The National
Science Foundation



U.S. Department
of Education



Researched for *Impact*



Trusted for *Partnership*



OAKLAND UNIFIED
SCHOOL DISTRICT
Community Schools, Thriving Students

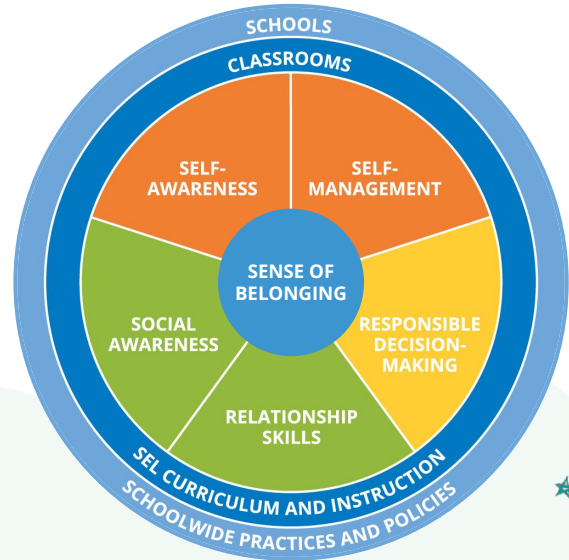


SOWN
TO GROW

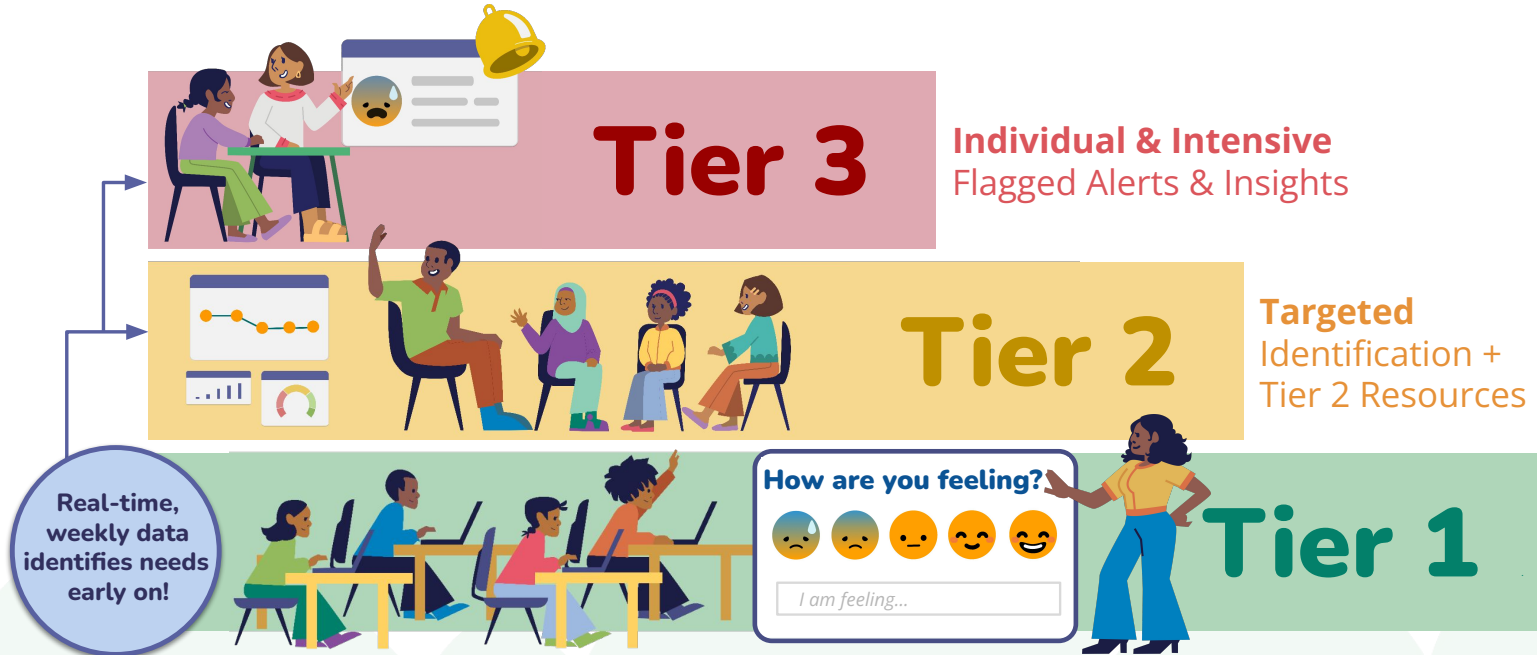
We anchor on *relationships & belonging*.

We know that a student's ability to learn, academics or life skills, depends on their feelings of safety and acceptance. For this reason, we **start with relationships and sense of belonging** as a foundation on which success can grow!

A CASEL-aligned program that centers community and connection

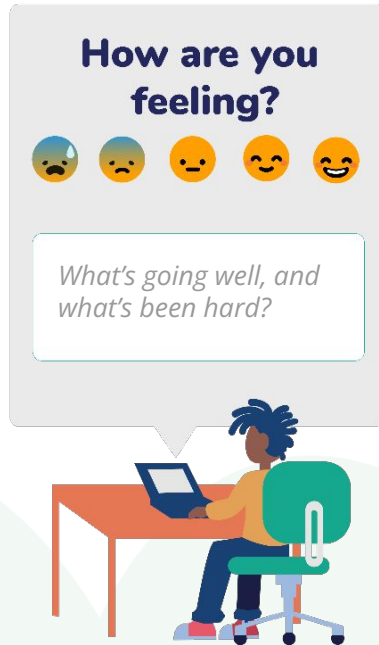


A *proactive MTSS system* rooted in a Tier 1 check-in that unlocks actionable pathways to Tier 2 & 3 support.



★ **Universal:** SEL & Belonging Screener, Emotional Check-In + Tier 1 SEL Lessons

An easy & engaging weekly student check-in & reflection...



Week 1: Mon Jan 16 - Fri Jan 20

How are you feeling?

Awful

Not so good
This week could have gone better.

Okay

Good

Awesome

Tell me about your week. What helped you, and what can you try next week?

I'm getting more work than usual. I'm very tired and grumpy and sore. I don't know what to do because none of this can be fixed.

See Sample Strategies

A consistent reflective routine with rotating weekly prompts

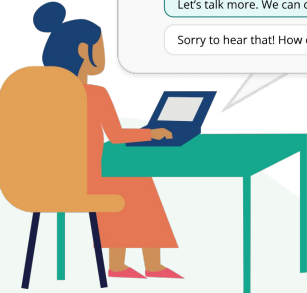
Accessible K-2 experience offered!




Watch our demo!



...that empowers teachers to *deepen relationships* at scale.



Student

 I'm getting more work than usual. I'm very tired and...

Teacher

Reply

I appreciate you sharing this. What have you tried already?

Let's talk more. We can come up with a plan.


Sorry to hear that! How can I help?

× **Student A Feelings & Reflections**

Feelings

Showing: 8 weeks

Weeks: Week 9 - Week 16



Week	Feeling
Week 9	Not so good
Week 10	Not so good
Week 11	Okay
Week 12	Good
Week 13	Good
Week 14	Awesome
Week 15	Not so good
Week 16	Not so good


Reflections

[Show all reflections](#)

Week 16
Mon Oct 23 - Fri Oct 27

Tell me more about your week. What strategies helped you, and what can you try next week?

Student A

 I'm getting more work than usual I'm very tired and grumpy and sore. I don't know what to do because none of this can be fixed.

[Reply](#) [Flag](#)

B. Knowles

Cancel **Reply**

Sometimes these things are hard to talk about so I want you to know that I really appreciate you sharing.

You've got this!

What might be causing you to feel this way?

Built-in research-backed teacher response suggestions

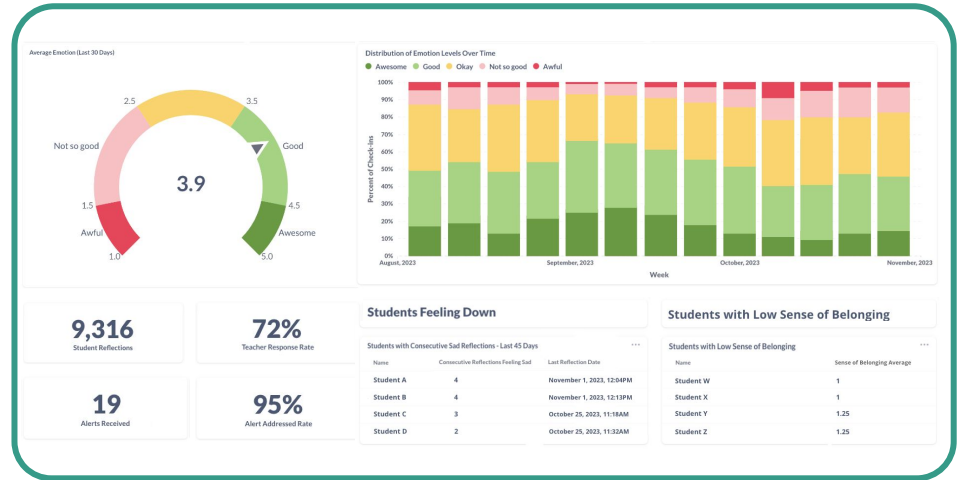
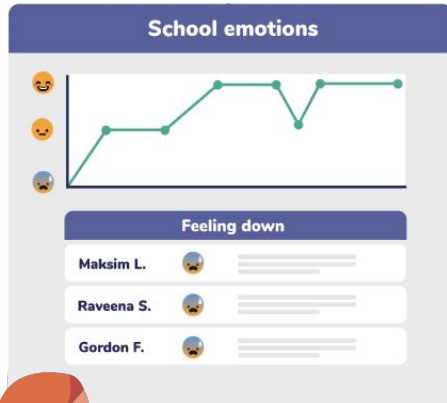
The logo of the National Science Foundation, featuring a blue globe with gold stars and the letters 'NSF'.

The official seal of the U.S. Department of Education, featuring an eagle and a tree.

This work was funded & developed in partnership with the U.S. Department of Education & National Science Foundation

The logo for 'SOWN TO GROW', featuring a stylized green plant with three leaves inside a circular frame, with the text 'SOWN TO GROW' to the right.

Leaders get *actionable data* on whole-child well-being...



Counselor, social worker, and administrator real-time insights

...so they can *proactively identify* and support students.

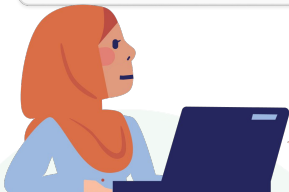
Urgent

Sabrina N. Ruiz Advisory 10/27/23

 To be honest, this whole week has been awful. I'm tired of thinking, I don't know what to do anymore.

Raveena S. Straker Advisory 10/29/23

Maksim L. Tang Advisory 10/31/23



Concerning student reflections (2)


Student Name	Teacher	Class Abbreviation	Date	
Student A	Jones Class	N62	11/01/2023	:

Reflection prompt

Tell me more about your week. What strategies helped you, and what can you try next week?

Student A wrote a reflection Wednesday, November 1, 2023 1:14 PM

Show reflection history



This week is not going so well for me because my dad gave our cousin until October 31 to leave the house and since they haven't told us anything about the new apartment, my dad didn't go to work today and today In the morning he told me to stay to help him take my cousin's things out to the street and I didn't stay and my dad got angry with me and he's going to take all my cousin's things and his two daughters, my mother's things. My little sister and I go out into the street and we don't know how we're going to do it.

Mr. Jones responded Wednesday, November 1, 2023 4:37 PM

I'm sorry to hear what is happening at your house this week. It should be like a very difficult situation and I'm sure it is causing you great concern and anxiety. I will try and see if someone can assist you with this matter. Please feel free to write me if anything else is going on that is of concern. Thanks for being willing to trust me with this information. I do care about you and your welfare.

Natural language processing AI flags concerning reflections

Understand your students' key *strengths & opportunities* ...

People at my school understand me as a person.

☐ ☒ ☐ ☐

Sometimes Most of the time Always



1 2 3 4 5

I know what my strengths are.

☐ Never ☐ Sometimes ☐ Most of the time ☐ Always

I know and can name the emotions I feel.

☐ Never ☐ Sometimes ☐ Most of the time ☐ Always

I keep my temper and other strong emotions in check.

☐ Never ☐ Sometimes ☐ Most of the time ☐ Always

I know ways to calm myself down.

☐ Never ☐ Sometimes ☐ Most of the time ☐ Always

I can work independently and focus for long stretches.

1

I know things I am good at.

☐ Never ☒ Sometimes ☐ Most of the time ☐ Always

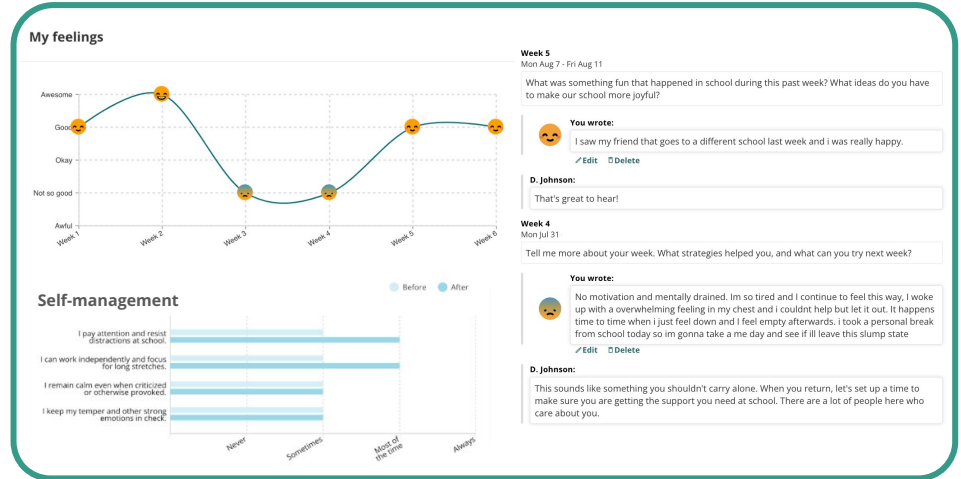
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I can tell when my feelings make it hard for me to do my work.

☐ Never ☒ Sometimes ☐ Most of the time ☐ Always

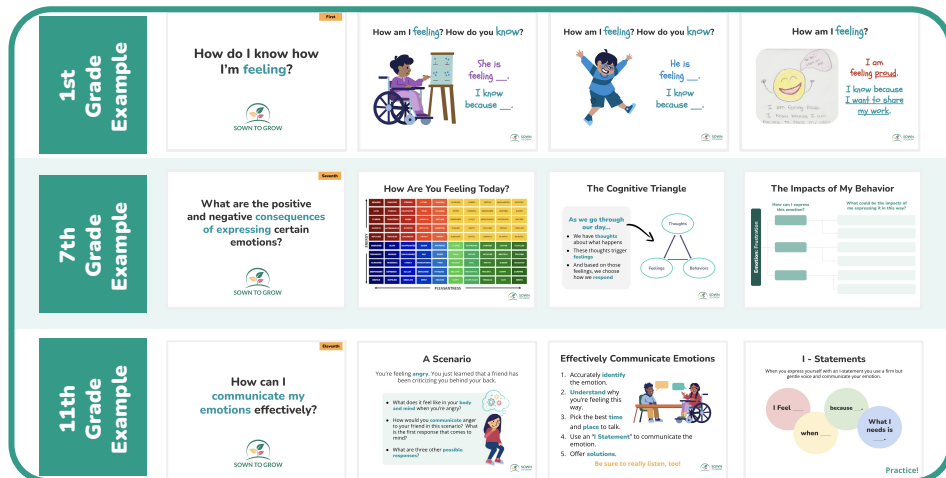
First-of-its-kind accessible K-2 survey with read-aloud

...then build powerful *artifacts of growth* across the year.



A weekly log of reflection alongside pre / post data

Schools can deepen learning with *SEL mini lessons*...



40 weekly lessons – grade-level differentiated & CASEL-aligned



Check out our lessons!

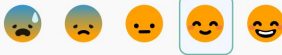


...and layer in reflections for *academics & goal-setting*.

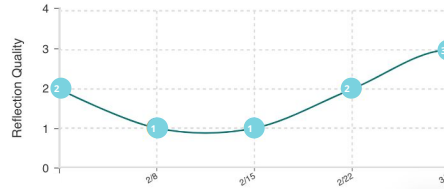
My math grades over time



How are you feeling this week?



What were some strategies that helped you this week?



Student A

Week 6

I did my best yet in LA! It was helpful to highlight and write notes in the book as I read so that I remembered things better.

Student A

Week 5

I'm starting to see improvement! I will keep up with my graphic organizer for taking notes and studying!

Student A

Week 4

Thank you for the graphic organizer. It's nice to have things in one place, but I still feel overwhelmed

Student A

Week 3

There's so much to memorize, I feel like I can't hold it all in my head

Student A

Week 2

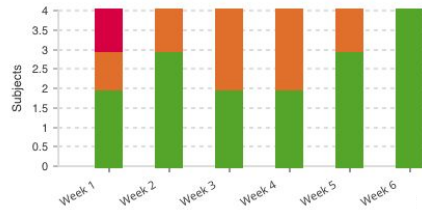
I don't know what else to try. It's slowly helping but I feel like I am so close to my grade goals and I'm stuck

Student A

Week 1

I'm trying flashcards but it's so much to remember!

Low grades



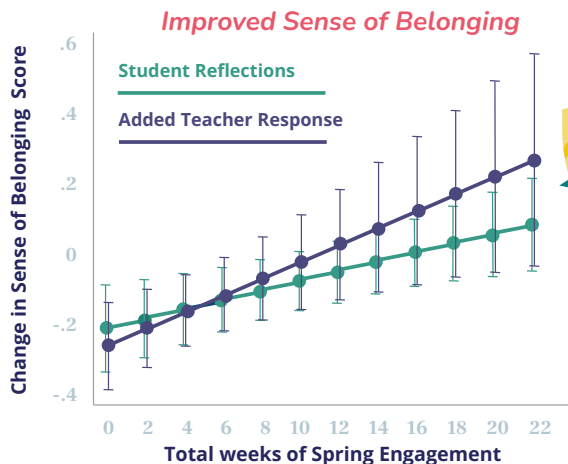
Students own their learning journey & set data-driven goals

We're here to support you throughout the journey with ongoing *professional learning & communities of practice* ...

Hi! We're Kate and Francisco. Former school leaders and your dedicated team for school and district training!



...and be your partner for student and school culture *impact*.



“Sown to Grow has given our district the ability to look at the overall **mental health of the students in our district from THEIR perspective.** As adults, we are not always in tune with what makes a student happy or affects them in a negative way. Students can self-report their feelings and we can hear their voices.”

Independent Study, Huebert Impact Research (2025)

Lisa Aguerria Lewis
District & School Leader using Sown To Grow in Pajaro Valley USD & Gilroy USD



Hear from more students,
schools & districts!



**SOWN
TO GROW**



Let's meet!

Together, we can support student social,
emotional, & academic well-being!



SOWN
TO GROW

www.sowntogrow.com | alwaysgrowing@sowntogrow.com