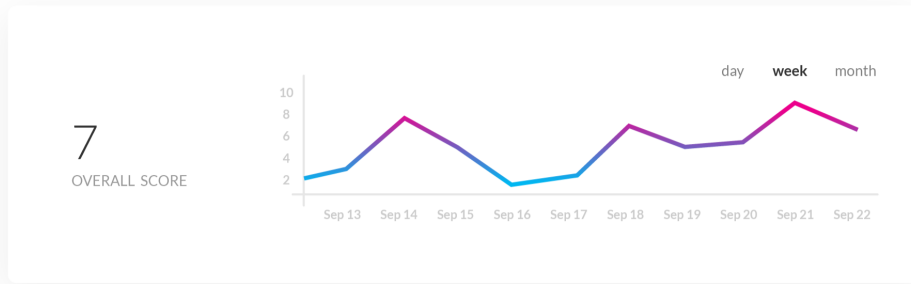




- Contact Us
- Sign Up
- Login

Classroom Wellness Tracker



Recommendations

- Ask the learners about the root cause of the overwhelming feeling.
- Talk to the learners about strategies to reduce an overwhelming feeling.
- Refocus the learners attention on the current work for your particular class.

Students

Below 4 3	Between 4 - 8 12	Above 8 9
<ul style="list-style-type: none"> Jason Ehle 3 Serenity Hughes 2 Kaine Hudson 3 	<ul style="list-style-type: none"> Bryce Dallas 6 Lian Oneill 4 Malka Benton 7 Lucy Bond 5 	<ul style="list-style-type: none"> Jason Ehle 8 Serenity Hughes 8 Kaine Hudson 10 Lucy Bond 9

Social and emotional learning, simplified.

ROSA is an emotional wellness tracker that builds capacity in schools to support students' mental health during learning.

Easy-to-Use for students, teachers, and counselors

For K-12 schools, colleges, universities, and after-school programs

Game changer in any learning environment

Get Started

Students learn better

with ROSA

Negative emotions impact core brain functions that allow us to manage our attention, thoughts, emotions, and behavior, thus limiting students' capacity to learn. ROSA helps students reduce these negative emotions by offering daily check-ins, facilitating real-time support, and offering individualized mental therapy exercises before learning.

“*I instantly began to build strong relationships with my new students because I could demonstrate that I cared and I knew exactly how to help”*



Donte Johnson

7th Grade Teacher, Legacy Traditional Schools - Phoenix, Arizona

Teachers are able to track the daily well-being of individual students and provide individualized support.

Educators are able to see which students are in the comfort zone, watch zone, and danger zone, daily.

Educators are able to track the wellness of the overall classroom throughout the year.

Educators are able to communicate with students in a safe space about personal challenges.

“This data tells us exactly what social and emotional support our students need, whether its a new curriculum, partnerships with outside organizations, or a private conversation about life”



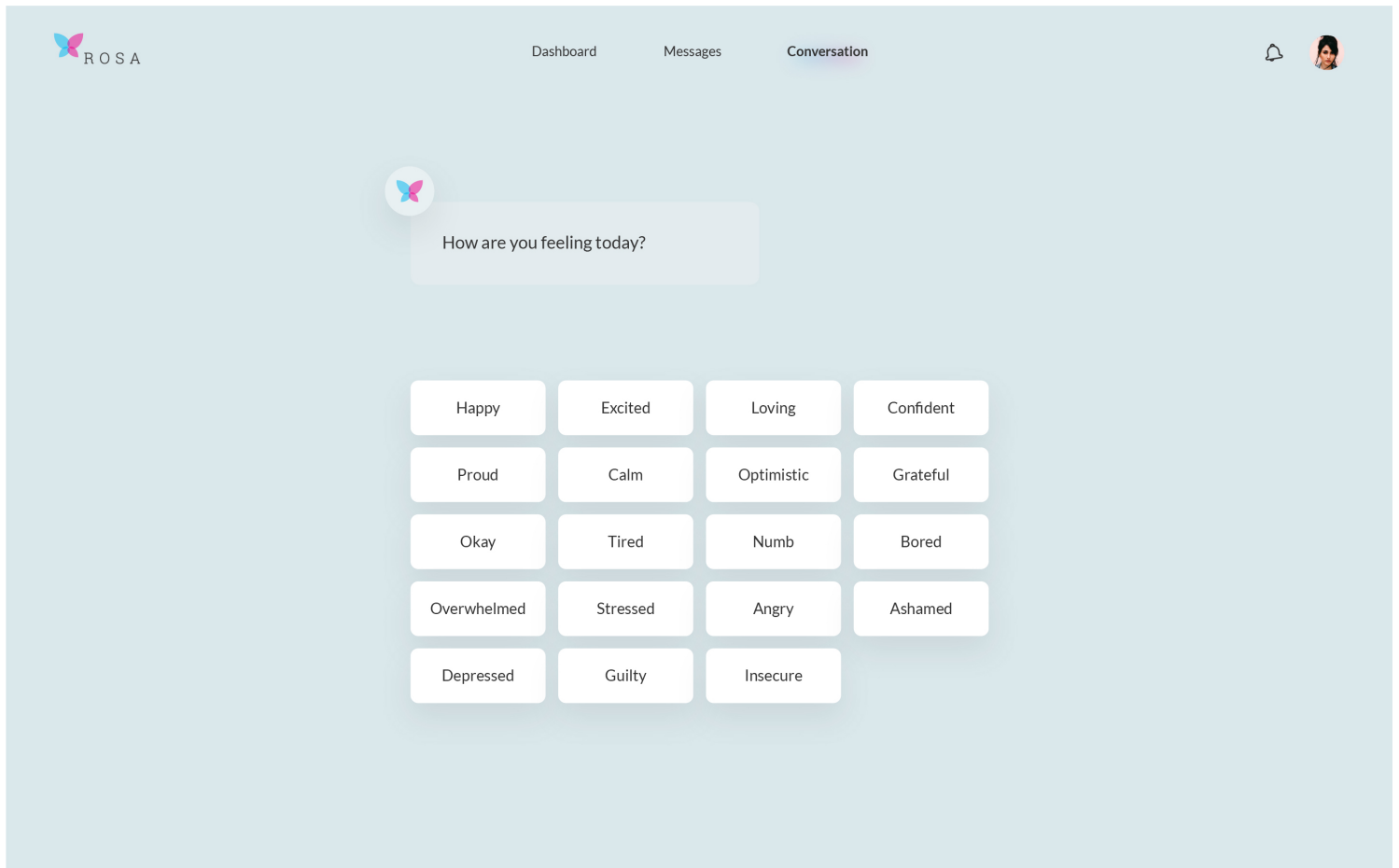
Candace Jennings
Middle School Science Teacher, Dallas ISD

ROSA is more than a curriculum, its capacity

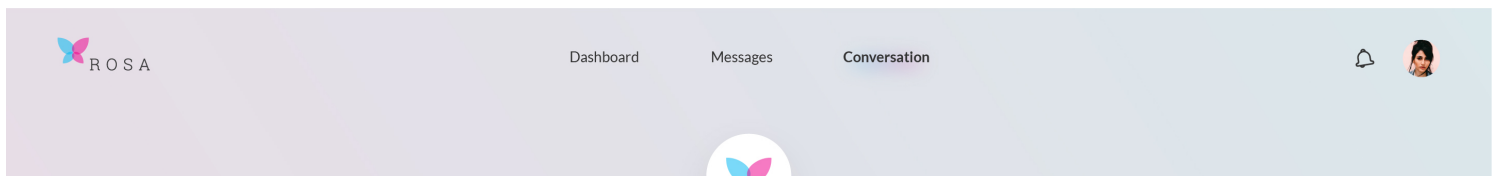


ROSA provides schools with a strategy to understand the daily needs of every student and offers a faster and easier way to address the needs of more students. Our school administration portal allows counselors to manage every classroom and track the social and emotional needs of every student.

Students "track & act" with ROSA



Students complete conversation-style 6-question wellness assessment with ROSA technology

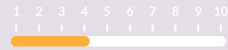




Thanks for telling me how you feel today!

I know it can be scary sometimes, but you are brave.

Your Wellness Score



You are stressed because of factors related to friends and it is affecting your learning today.

[Message Educator](#)

Your Recommendations

Take time to breathe and think about a time when you were in the best mood. ✓

Take 10 deep breaths.

Think about the best time you've had with your friend.

Students receive their wellness snapshot and identify ways to reduce negative emotions



Dashboard

Messages

Conversation



Conversation

Have a Conversation with ROSA >>

Wellness Score

4 TODAY'S SCORE September 15, 2025. You are stressed because of factors related to home and it is affecting your learning today. View Recommendations >>

Wellness History and Trends

7 AVG. SCORE. Line graph showing wellness score trends from Sep 13 to Sep 22. Includes bar charts for 'How are you feeling today' and 'What could be influencing'.

Messages

+ Create message

Received Sent. List of messages from Lena Smiley, Lilja Peltola, Micheal Murphy, and Wvatt Morris.



LOREM IPSUM DOLOR SIT AMET, CONSECTETUER
ADIPISCING ELIT, SED DIAM NONUMMY NIBH



Lena Smiley

56 mins

Students are able to track their own wellness history and trends throughout the year

“It helps me express myself in ways I would be scared to do with... a teacher or therapist”



7th Grade Student

Dallas Independent School District - Dallas, Texas

STUDENTS LOVE ROSA BECAUSE IT PROVIDES THEM WITH A SAFE SPACE TO EXPRESS THEIR DAILY EMOTIONS AND TRACK THEIR OWN WELLBEING

ROSA provides students with mental therapy exercises to reduce negative emotions and enhance positive ones.

Students have a safe space to express their emotions daily.

Students build the capacity to identify daily emotions and ways to reduce negative emotions, improving overall wellbeing.

Students can use ROSA on any mobile device, iPad, desktop, or laptop.

[Sign up for demo →](#)

Frequently asked questions

Who is ROSA for?

How much does it cost?

How do I get started with ROSA with my organization?

What other services does ROSA provide to schools/districts?

Can my students securely login with Clever, Google Classroom, or other API integrations?

What value will ROSA bring to my school/district?

Teach better with ROSA

ROSA's mission is to create a new generation of emotionally intelligent young people who can identify and manage their daily emotions.

[Get Started Today](#)



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