



Help Your Students Feel Safe in Challenging Times

Let your students know that your first job is to keep them safe and that you are there to lean on. Let your students know that your first job is to keep them safe and that you are there to lean on.

Helpful Strategies to

- Manage Stress
- Be available
- Let your students know your job is to keep them safe
- Share your concerns
- Model reactions and self regulation
- Find adult supports for you
- Recognize the need for more support

Build Resilience

- Make a safe space
- Practice gratitude
- Clarify Fact vs Fiction
- Be proactive
- Turn down the noise
- Set routines

Set Routines

- Student choice and voice
- Be flexible
- Be consistent

