



For Educators

Community Building

- Read during relationship building activities such as morning meeting & community circle
- Strengthen community with question prompts, discussions, & connections to content

Social Skills & Self-awareness

- Promote empathy by listening to peers' experiences & making connections
- Promote the processing of emotions & resiliency to decrease instances of shame, guilt, & isolation

Emotional Identification

- Use vocabulary & visuals to communicate feelings
- Practice noticing body signals that indicate emotions are changing

Coping Skills

- Learn & practice coping skills
- Try & review school-friendly strategies
- Remember & practice the skills that are most helpful

Make a Plan

- Learn & begin to understand the concept of triggers & examples of coping skills
- **Develop a Plan:** track triggers, body signals, emotions, patterns of behavior, & coping skills to maintain safety

Promote Safety

Academic & Enrichment Extensions

- **English Language Arts** listening comprehension, vocabulary, rhyme, similes, alliteration, imagery
- **Visual Arts** recreate & reimagine illustrations, triggers, emotions, body signals, & coping skills
- **Music** add a musical background to integrate rhymes & repetitions

Coping skills can be practiced & used as relaxation techniques throughout the school day, in addition to being applied during stressful situations