

SUPPORTING EDUCATORS:

SOCIAL-EMOTIONAL STRATEGIES

FOR STRESSFUL TIMES

Supporting your own wellbeing and the wellbeing of your students is important during both calm and stressful times. Use these strategies on your own, with students, and with colleagues to build awareness and healthy relationships.



UTILIZE AFFIRMATIONS IN STRESSFUL MOMENTS:

Self-Validation

"This thing I am dealing with is tough."

Colleague Relationship Building

"I am not alone in my suffering."

"May I be positive with myself today."

Compassionate Self-Talk

"May I be especially caring with myself today."

SUPPORT STUDENTS WITH A HOLISTIC WELLBEING CHECK-IN:

Whole Student Self-Care

Do my students demonstrate a healthy balance regarding their wellbeing with their whole selves physically, mentally, and emotionally?

Self-Confidence

Do my students believe in their own ability to succeed?

Coping and Safety Skills

How do my students cope?

Adaptability

Are my students able to transition well to new routines?

Social Skills

Do my students exhibit mature social skills?

INCORPORATE SOCIAL-EMOTIONAL STRATEGIES IN THE CLASSROOM:

- Before classrooms reopen, give school staff the chance to explore their own feelings and experiences related to the pandemic.
- Create plans that emphasize relationship-building for students.
- Provide and elicit positive feedback and clear and consistent expectations.
- Focus on social-emotional skills that are included in assigned lessons and materials.
- Prioritize collaboration, communication, self-awareness, and community to effectively address pandemic-related upheaval.
- Make time to explore and learn about your students' experiences, particularly home-learning experience, it will be an important part of this initial transition.
- Be aware that there may be increased negative behaviors and decreased attention spans. Plan breaks, grounding exercises, and check-ins to help prevent and mitigate the impact.