

Back to School Tips for 2021

Show Students You Care

Building **strong relationships** build connectivity and healing. When students know you care about them, they are more likely to be engaged in learning. Schools can institute strategies to ensure every student has at least one caring adult in their life.

Conduct Frequent Check-Ins

Prioritizing **check-ins** with students is a great way to keep a pulse on how students are doing and build relationships. It can be a **virtual check-in** or gentle eye contact, a Post it note, a personalized signal or hosting morning meetings.

Establish Daily Rhythms

Schools can be intentional in creating **daily rhythms**, routines and schedules that are predictable and cultivate a sense of safety. When students know what to expect it will alleviate their stress.

Normalize Mental Health

Encourage open communication. Remind students its ok to not be ok and ask for help. Share information and resources such as the **Teen Guide to Mental Health & Wellness**. Create spaces that prioritize well-being such calming rooms.



Supporting Student Mental Health & Well-Being

Put in place the structures, practices, and time for **protecting mental health** among staff and leadership. Establish clear social support systems such as **"tap-in/tap-out"**. Consistently ask staff what they need to be well.

Focus on Staff Well-Being

Support students by teaching them ways to effectively manage and reduce stress. Engage in **CASEL's 3-signature practices**, welcoming and inclusive activities, engaging strategies, providing brain breaks and optimistic closures.

Prioritize SEL

Modeling healthy behavior is a powerful teaching tool. A well-regulated adult can help a student regulate. Starting and ending the day in a regulated state by using the same SEL skills we teach students is **co-regulation**.

Co-Regulate

Recent data shows students are experiencing high levels of stress and anxiety. Consider allowing them to turn in assignments late, retake a test, or take breaks throughout the day and **give everyone some grace**.

Give Grace