



22 EDUCATOR QUESTIONS TO NURTURE RESILIENCE

Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine
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A key to creating learning cultures that help kids thrive is to reflect on science-backed resilience-building strategies, choose those that match students' needs and then create intentional plans to implement them. Here are questions to help you develop those plans. Choose ones that interest you and colleagues and then design detailed goals to do so.

1. How will you know what your students enduring during COVID-19 and who suffered more challenging circumstances? What will you do with that information to help all staff members empathize ?
2. How will you create a safe and welcoming climate for all students? How do we create a school that has a family type feel?
3. What are we doing to ensure that our students will included and safe? If we walked through our building, what would we see, hear or feel that would convey that all students feel included and “invited?”
4. What procedures can we put into place so that students can report any potential threats? How will we act on those reports?
5. What strategies can we apply to reduce threats? How can we monitor students to reduce bullying? How can we measure success?
6. What is your plan to discover and nurture the strengths of a struggling student and pass to colleagues?
7. How can we take care of ourselves to prevent burnout?
8. How will you/your staff develop Empathetic Mindsets to realize that *your* empathy can be stretched?
9. Which inclusive-building practices interest you? How can you determine if your school is inclusive?
10. How can you encourage students put their “Empathy into Action” in meaningful ways that activate heart?
11. How will you understand what parents need to help their children? What *simple ways* can we help parents learn resilience skills and use them with their children?
12. How will you help your students adopt healthy coping strategies? Which practices interested you?
13. How do you mentor your students' character development? What more could educators do?
14. What simple ritual can you use to help students learn/adopt Integrity?
15. How can you offer examples to students of people exemplifying integrity?

- 16.** How can educators help students feel “safe to fail” and realize mistakes are learning opportunities?
- 17.** What type practices encourage students to be curious about ideas and speak up to defend them?
- 18.** How can educators help students develop growth mindsets?
- 19.** Which grit-building practice(s) would you like to use with your students? How will you use them?
- 20.** How can you weave optimism-builders into your lessons so students take this character strength to heart?
- 21.** What are ways to help students practice giving to reduce pessimism and the “Mean World Syndrome?”
- 22.** How will you help your staff prevent burnout and take time to take care of their personal well-being?