



A checklist



For Educators of Immigrant Students

Based on recommendations by Dr. Kia Keating

This checklist serves as a practical roadmap for translating Dr. Kia-Keating's research into daily classroom actions that foster a sense of safety and belonging. Educators should use these points to proactively monitor student well-being, be more trauma-informed, and build inclusive peer networks.

How to Use This Resource

- **Weekly Audit:** Review the "Observation & Awareness" section once a week to identify any subtle shifts in student behavior that might otherwise go unnoticed.
- **Collaborative Planning:** Share these strategies during grade-level meetings to ensure a consistent, compassionate environment across all classrooms in your building.

Observation & Awareness

- ☐ **Look beyond the individual:** Remember the child is embedded in family, community, and policy contexts.
- ☐ **Watch for changes:** Be alert for fear, anxiety, absenteeism, social isolation, distractibility, sleep/eating disruptions, or acting out.
- ☐ **Check in, don't assume:** Pay attention to shifts in behavior and gently check in.

Classroom Environment & Culture

- ☐ **Create safe spaces:** Provide one-on-one trust-building opportunities.
- ☐ **Lead with compassion:** Do not misinterpret distractibility or inattention as disobedience; recognize the underlying context.
- ☐ **Use the classroom as a "greenhouse of belonging":** Intentionally offer joy, connection, and optimism daily.

Student Empowerment & Peer Support

- ☐ **Encourage agency and empowerment:** Give immigrant students leadership roles, validate their contributions, and highlight strengths.
- ☐ **Foster peer connections:** Pair students with supportive peers, assign buddies, and build networks of support.
- ☐ **Support all students as upstanders:** Encourage storytelling, inclusion, and positive peer action.

Practical Tools & Resources

- ☐ **Introduce grounding practices:** Use mindfulness or structured transitions to help students reset and feel anchored.
- ☐ **Refer carefully:** When needed, guide families to trusted professionals while building on organic community supports.
- ☐ **Take care of yourself:** Practice balance, nurture your own social support

Personal Notes & Action Steps



Use this space to jot down specific students to check in with or local organizations to contact.

- Priority 1: _____
- Priority 2: _____



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