



Social Emotional Learning suggest helpful tips
to support students during stressful events

Supporting Emotions with Mindfulness



Practice Mindfulness. Breathe through it!

Calm yourself by taking a deep breath. Breathing helps you gather yourself before you respond from an emotional state.

Regulation Matters. Conflict will happen!

Movement can be a helpful resource when your child is feeling sad, angry, or nervous. When your body moves, it releases stress and anxiety to help regulate brain function. Exercises such as stretching, walking, and dancing can help keep your body happy.

Create a Safe Place. Wellness at home!

Create or use a safe place at home that your child can go gather their thoughts and de-escalate in a calming environment. Listening to music, writing in a journal, reading a book, and coloring are activities your child can do in their safe place.

Use Affirmations. Inspire with Love!

Motivational positive affirmations help children face challenges. Encourage your child to use affective statements to improve their emotional and mental well-being. Speaking positively encourages positive results.

Goal Setting. Plan for Success!

Support your child in making a clear plan for success and how you both will monitor progress. By creating a step-by-step guide to help you get from where you are now to where you want to be in the future, sets the stage for intentionality and improvement. Your goals, dreams, and aspirations are all within reach.