

THE 3 Cs FOR TEACHERS

CALM

- Schedule a 5-minute period of quiet time for meditation, breathing, silence, or prayer during transition periods.
- **Take brief periodical stretch breaks throughout the day.**
- Embed stretch breaks during instruction time.
- Encourage good nutrition, sleep, and exercise habits.

CONNECT

- **Maintain an up-to-date referral list of administrators, behavioral health professionals, mentors, and coaches to partner with as needed.**
- Create a questionnaire to assess student resiliency.
- Create a customized personal care network for your students to complete to identify who advocates on their behalf at home.

COMMUNICATE

- **Greet each student at the door in the morning with eye contact and an optional handshake, high five, or fist bump.**
- Plan activities that necessitate group participation.
- Showcase a daily/weekly joke or riddle for opportunities to laugh.
- Facilitate gratitude practice.
- Utilize theatre exercises to role play emotional experiences.

