

To foster a sense of physical and emotional safety, educators can:

- Focus on the joy of movement rather than compliance
- Set and keep a routine
- Promote self-awareness through feeling charts
- Use mindfulness and breathing exercises to support self-awareness
- and regulation
- Encourage students to ask questions and self-advocate
- Be culturally responsive, fostering cultural pride and self-pride by weaving cultural knowledge into teaching and learning

To foster a sense of belonging, educators can:

- Increase focus on student voice and agency
- Make time to ask about students' extracurricular interests
- Greet students by name and create safe and upbeat connections – like air
- high fives
- Help the students feel connected by encouraging circle time, show and tell online, or storytelling
- Embed a sense of responsibility by assigning class management roles

To foster a sense of hope, educators can:

- Encourage students to get fresh air and move when possible
- Explore individual students' talents and strengths
- Give positive affirmation to all students equally
- Encourage students to discuss things that bring them joy
- Foster engagement in school and cultural communities
- Make time for acknowledging gratitude and celebrating success

To foster a sense of mastery, educators can:

- Encourage student ownership of their learning and physical literacy journey
- Give students the chance to share what they've learned or a chance to teach their classmates
- Use evidence-based approaches to
- learning including [Models-Based Practice](#) & [Fundamental Movement Series](#)
- Highlight each student's contribution to the learning
- Support social emotional learning

*More information on trauma informed approaches can be found on PHE Canada's [Teach Resiliency website](#).