

# Student-focused Wellness Tips

01

Avoid eye contact—it is often too threatening.



02

Consider taking a walk while you talk.



03

Have regular positive exchanges to build an environment of mutual respect.



04

Use the existing curriculum to implement conversations that are personally relevant to students.



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Use open-ended questions.



06

Don't judge.



07

Build a community of care within your classroom.



08

Make connections between older and younger students.



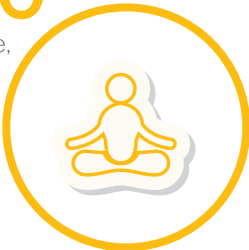
09

Share student concerns to build support for the child.



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Be flexible, creative and willing to relinquish control.



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Remember it is not necessary to always be your student's best friend.



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Know your limits.



13

Be honest in a gentle way.



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Take all issues seriously.



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Connect students with resources.



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Respect every student's individuality.



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Determine the student's support groups.



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Meet with parents early to suggest available services.



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Positive champions need to be encouraged and supported.



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Plan events that engage students in discussions of personal wellness.



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Know the limits of confidentiality when safety concerns arise.

