

## PROJECT AWARE CLASSROOM CHECKLIST

### EVERYONE HAS THE POWER TO CHANGE THE FREQUENCY—

Change the Frequency of which mental health awareness is understood, communicated, and practiced in the community—to shape positive habits, coping techniques, and foster safe and healthy environments for all students.

Incorporating small, daily habits into your classroom can make a lasting impact. Together, we can provide students with the supportive spaces and emotional comprehension needed for healthy development—enabling them to succeed today and into the future.

Visit (and bookmark!) [www.projectawarein.org](http://www.projectawarein.org) to find timely resources and tips that help support positive, effective advancements in your classroom and curriculum. Here, we will provide a continued education series to guide you!

The first installment of the series can be found below to establish a safe and supportive environment for your students while developing resilient, socially and emotionally capable students.

## FOSTER SAFE AND SUPPORTIVE ENVIRONMENTS

- Develop a deeper understanding of your own social and emotional well-being and learn healthy coping skills and strategies for improving personal wellness
- Closely consider students' physical environment
  - Arrange furniture and other aspects of the environment to increase safety, self-efficacy, and collaboration
  - Normalize calming behaviors by decreasing stimulation (noise, light, clutter, etc.)
- Establish welcoming rituals and make them a part of your daily routine
- Develop school-wide or classroom consistency in affirmations and supports at all levels (i.e. PBIS)
- Build trust and transparency by explaining what will happen next or how you will learn together
- Get to know students' passions and interests beyond academics
- Understand that trauma isn't an excuse but an explanation of some behaviors

### TIPS FOR A SUPPORTIVE ENVIRONMENT

#### DECREASE STIMULATION



NOISE



LIGHT



CLUTTER

#### WORK TO BUILD



TRUST



TRANSPARENCY



UNDERSTANDING

# PROJECT AWARE

## DEVELOP RESILIENT STUDENTS

- INSIGHT**
  - Promote student voice
  - Help students identify their personal strengths
- SENSORY-MOTOR INTEGRATION**
  - Facilitate deep breathing exercises or prioritize physical activity opportunities
- REGULATION**
  - Help students recognize stressors and teach healthy coping strategies
- COLLABORATION**
  - Provide opportunities for collaborative learning games
- CONNECTION**
  - Create adult-to-student and student-to-student mentoring opportunities
  - Promote opportunities for service learning
- CRITICAL-THINKING**
  - Focus on learning goals instead of achievement goals
- MINDSET**
  - Praise students' progress rather than students' outcome
  - E.g. "I can tell you practiced!" or "I noticed you using the strategy we practiced yesterday."



### LEARN MORE

For more information and ideas for incorporating social and emotional learning within your daily practices, visit: [www.doe.in.gov/sebw](http://www.doe.in.gov/sebw).

