



@kwTens62

SHOW UP

- BREATHE
- SLOW DOWN
- BE PRESENT
- LEAVE YOUR EGO AT THE DOOR
- BE AWARE OF YOUR OWN STRESS
- TAKE CARE OF YOURSELF

LIGHT UP

- SMILE BRIGHTLY
- HAVE "SOFT EYES"
- GREET STUDENTS BY NAME
- GIVE A MOMENT OF YOUR FULL ATTENTION
- LISTEN WITH YOUR HEART
- CHOOSE JOY



BUILD UP

- START WITH STRENGTHS
- HAVE A PLAN & A PURPOSE
- FOSTER INDEPENDENCE
- REDUCE STRESSORS
- SCAFFOLD LEARNING
- MEET NEEDS

NEVER GIVE UP

- GIVE FRESH STARTS
- EMBRACE A GROWTH MINDSET
- ASK: WHY? & WHY NOW?
- BE A STRESS DETECTIVE
- OFFER UNCONDITIONAL POSITIVE REGARD
- EVERYONE IS DOING THE BEST THEY CAN



YOUR POSITIVE, SUPPORTIVE PRESENCE IS ONE OF THE MOST SIGNIFICANT INFLUENCES ON A STUDENT'S DAY

"YOU ARE THE STRATEGY" ~ SUSAN HOPKINS