

Culture of Care

WORKING THROUGH BIG EMOTIONS



Get back to learning!

PLAN

Decide what you can do to work through it.

TEACH CALMING STRATEGIES, BUILD EMOTIONAL IQ, & MODEL PROCESS WHILE STUDENTS ARE IN THEIR **EXECUTIVE STATES.**

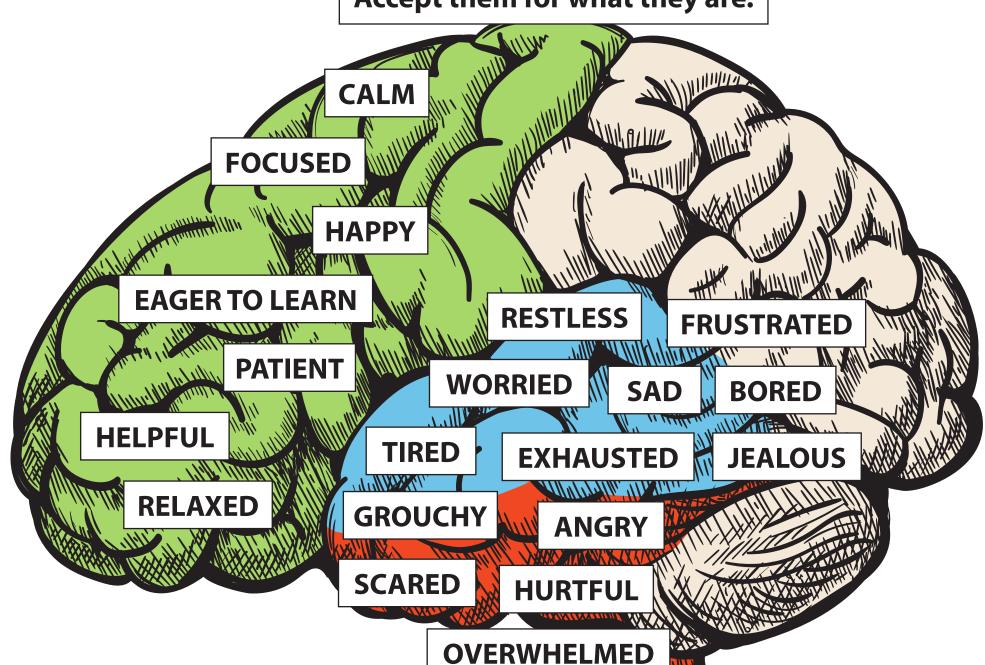
Use your pause button **⇒** Go to a safe place.



Breath, relax, and find your upstairs brain.

IDENTIFY -

Give your emotions a name. Accept them for what they are.



OUT OF CONTROL