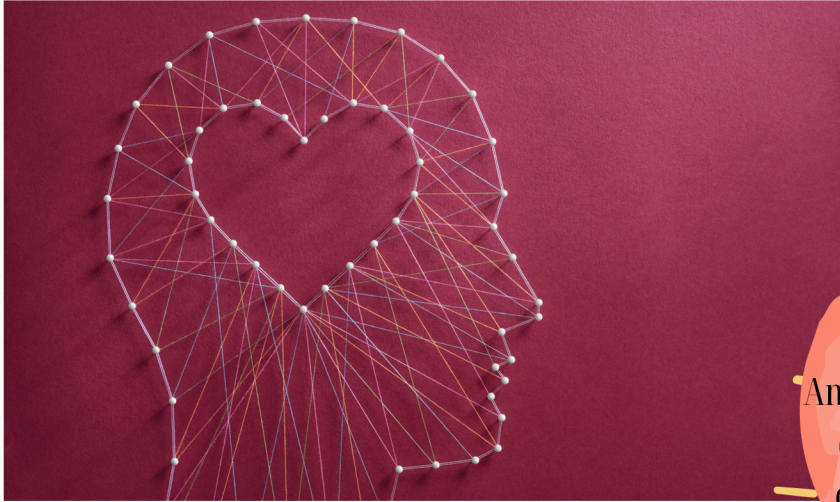




SAFE & SUPPORTIVE CLASSROOMS

EMOTIONAL SAFETY: THE FIRST LESSON OF THE YEAR



An **emotionally safe** classroom supports each child's needs and point of view, celebrates who they are, and follows consistent, predictable routines that help children feel secure and confident.

Boundaries & expectations are clear, consistent and predictable

Social connectedness and belonging are centered during routine activities

Individual identities are affirmed and seen as assets to the classroom

Teachers are responsive to their perspectives and needs so children feel valued

Children are taught to work through conflict, self-reflect and repair harm

Discipline practices support student learning and development & repair community rather than to punish or exclude students

FAMILY LINK

When families and teachers work together, children feel more secure and ready to learn. Build strong connections by greeting families warmly, sharing quick daily updates, and asking about their child's routines and needs. Invite families to share stories, songs, or traditions from home, and keep them informed about what children are learning about feelings in the classroom. Celebrate each child's background and culture, and model how you support emotions in the classroom. Even small connections go a long way in creating a safe, supportive environment for every child.

01

Focus on building relationships & trust with each child

Establish consistent classroom routines and expectations

02

03

Teach children **how** to use the safe space for calming by modeling and co-regulating

Try it

Notice Statements

During the day make it a point to notice something about each child - this is easy to do during play or routines - but can be done during any activity. Here we aren't using this a behavior strategy to get others to follow along, our intention is for every child to feel seen. Say things like:

- "I noticed you shared the blocks today. That was kind."
- "I saw you try again even when it was hard. That took courage."
- "I noticed you asked for help when you needed it."
- "I notice you're looking a little sad. Do you want to talk about it?"

These build trust and help children feel seen, telling every child **You matter. I see you. You belong here.**



Model calm responses to challenges by honoring emotions, validating effort, and showing that mistakes are part of learning



TEACHER TIP

Start your day with a morning grounding ritual

- Before children arrive, take 2-3 minutes to center yourself - do this as a teaching team to ground and connect.
- Try deep breathing, a mindful awareness app (like Insight Timer or Headspace), or simply sitting quietly with your coffee or tea.

Why it helps: Sets the tone for a regulated, responsive start to your day.

BOOK CORNER



- All are Welcome Here by Alexandra Penfold
- Our Class is A Family by Shannon Olsen
- The Day You Begin by Jacqueline Woodson
- I Am Human by Susan Verde
- I Am Every Good Thing by Derrick Barnes
- My Magic Breath by Nick Ortner & Alison Taylor
- I Love Me! by Sally Morgan and Ambelin Kwaymullina
- Everyone Belongs by Heather Avis
- Big Feelings by Alexandra Penfold

