

Knowing What to Say

It can be difficult to know how to talk to your students about the big feelings they may be having. Use the words below as 'jumping off' point to start dialogue to help your students feel your support.



“Sometimes big things happen that make us feel big feelings. It’s okay to feel that way. You are safe here. Let’s take three calm breaths together.”



“Our brains sometimes get stuck on stress loops. Using grounding and breath can help us come back to learning and safety.”



“When something affecting our community happens, it’s normal to have many reactions. Let’s notice what we feel without judging it.”