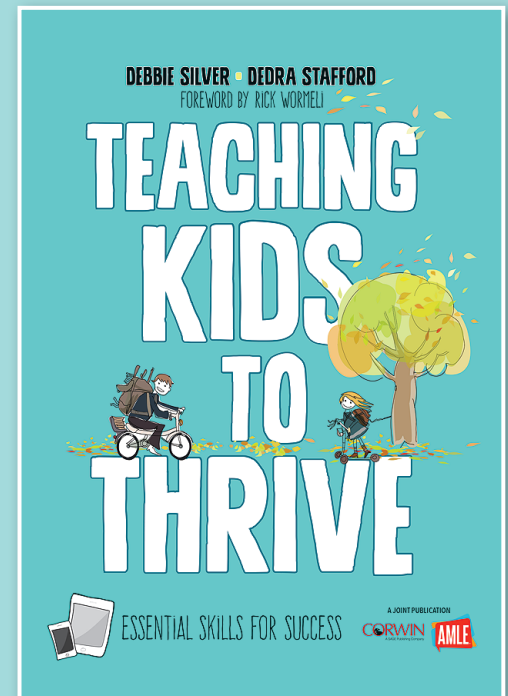


TEACHING KIDS TO THRIVE

- Use mindfulness strategies to help students focus and access their inner strengths
- Help students build upon their existing ability to self-regulate and motivate themselves
- Guide students in developing their growth mindsets so they can visualize their goals and make plans to achieve them
- Cultivate an attitude and culture of perseverance in your classroom
- Incorporate resilience practices into everyday lesson planning and interactions
- Clarify what it means to be a responsible community member and help your students internalize how they can be responsible students and citizens
- Demonstrate how honesty and integrity can help build stronger relationships and foster a community of people who support one another
- Rethink your capacity for empathy and employ new tools and techniques for expressing empathy to students and colleagues
- Formulate an ethos of everyday gratitude so that students, regardless of their socioeconomic status, learn to honor the gifts they have and appreciate the pluses in their lives



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