

Helping the Classroom Feel a Safe Place

What makes us happy in the classroom?



Class rules – Be respectful, keep your hands to yourself, listen to others, be kind.

Coping With New Situations

How do we feel when we try something new?

- Positive feelings: Excited, happy, brave
- Negative feelings: Scared, anxious, worried, nervous.



How can we make ourselves feel better?

- Count to ten
- Talk to a friend
- Listen to music
- Deep breathing



Sources of support

- Trusted adult
- Teacher
- A friend

When do I need to ask for help?

GREEN – Can deal with it myself

AMBER – Try by myself first then tell an adult

RED – Tell an adult

Vocabulary Tier 2

Feelings
Emotions
Safe



Vocabulary Tier 3

Calm relaxed Regulate



16 I have the right to keep some things private



17 I have the right to get information in lots of ways, so long as it's safe



24 I have the right to good quality health care, to clean water and good food