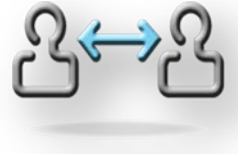


Building Connections: Supporting Social and Emotional Development



The connection that teachers build with students can be a powerful factor in students' success. In addition to key messages of safety and caring, teachers can:

- create opportunities for positive interactions with students having difficulty in the classroom
- use these one-to-one interactions to strengthen connection
- use this connection to foster social and emotional development
- leverage the connections to help engage students and to assist in times of distress

The following teacher-created lists focus on creative ways to build connection with students:

In the classroom	On the playground or in the school yard
In the school	For outside-of-school activities.

Fostering Social and Emotional Development: Inside the Classroom		
Humor	Meditating	Sharing
Visualization	Resting	Jokes
Music	Stories	Charades
Movement	Sports	Tent Time
Water	Class Pets	Cooperative Games
Light	Class Plants	Anagrams
Touch	Stuffed Animals	Word Scrambles
Reading	Comfy Furniture	Crosswords
Sounds	Posting Work	Birthday Parties
Fidget Toys	Helper	Circle Time
Breaks	Wickey Sticks	Brain Gym
Talking	Errands to the Office	Welcome Activities
Rhythm	Volunteer in Classes	Internet
Walks	One on One Time	Crafts
Time Outs Together	Private Talks	Magazine Box
Food	Herbal Teas	Pebble Mats

Art	Hot Chocolate	Harmony Balls
Writing	Read to Students Daily	Yoga
Games	Silent Reading	Massage Pads
Wii on Smart Board	Listening Centers	Bubble Wrap
Journaling	Movies that Foster Discussion	Cuddly Blankets
Poetry	Chess	Lego
Dress Up Box	Lighting	Wobbleboard
IPod Use	Wow Board	Treat Bucket
Your Ideas:	Your Ideas:	Your Ideas:

Fostering Emotional Development: Inside the School Building

Close Proximity	Say, “Good Morning”	Acknowledge Student’s Work
Use Hallways	Create a “Break Out” Room	Access School Secretary as a “Go To” Person
Create Quiet Spaces ... and Teach Others to Respect Quiet Space	Go Get a Drink	Join in a Game
Offer Snacks	Check in “Have you eaten breakfast?”	Use Humour
Walk	Go to the Library	Give Choices about What Space
Teach Skill of Asking for a Break	Breakfast in Class	Feed the Student
Laugh	Smile	Touch
Listen	Play with the Student	Build a Customized Emotional Toolkit
Find the Student’s Passions (e.g., cooking, plants, etc.) and build into School Activities	Use Roots of Empathy Program	Find Jobs within the School (e.g. Set up art supplies, cafeteria tables, etc.)
Find Leadership Jobs	Make Positive Posters (Affirmations)	Show the Student’s Work
Support Intramurals	Facilitate Participation in School Activities	Ask, “What do you need?”
Provide Stress Balls	Provide Writing Material	Provide Art (Expressive) Material
Walk with the Student in the School When the Student is in Distress	Pair with another Student (Buddy Activities)	Allow a Run in the School Gym to Assist to De-Stress

Find a Mentor in the School		
Drawing Clubs	Quiet Spots to Sit	Cozy Spots In The Library
Aromatherapy	Sports Clubs	Intramurals
An Administrator to Talk To	Gardening	School Fish Tanks
Peer Helpers Team	Integration	Water
Computers	Food	Exercise Areas/ Clubs
Lunchroom Helpers	Office Helpers	Knitting Club
Chess Club	Thought Of The Day For The School	Doodle Boards
Affirmations	Puzzles	Fun Movies/Winter Lunch Hours
Singing Groups	Class Clerical Support Groups	Weight Rooms
Welcoming Committee	Secretary Support	Computer Club
Playing in Gym	Recycle	Sensory Room
Walk Of Stars	Decorating School	Cooking
Art	Posters	Random Acts of Kindness
One on One Gym Time	Model Patience	Create Safety
Build Trust	Build Relationship	Use Class Games
Use Reframing (Looking at this in another way, shifting perception)	Listen, Allow Venting, Validate Feelings	
School Wide “Positive Behaviour Programs”	Structured Extra Curricular “Fun” Activities	Create opportunities to Share <ul style="list-style-type: none"> - With Other Students - With Other classes - With Other Adults - At Assemblies
Create Supportive Peer Caring	Acknowledge Feelings, Needs	Give Time and Space Without Deserting the Student
Your Ideas:	Your Ideas:	Your Ideas:

Fostering Emotional Development: On the Playground or School Yard

Walk at the Same Pace on the Playground	Create a Rhythm	Run
Match Level of Play	Keep Proximity To Child	Redirect with Task or Activity
Find a Quiet Place (Remove Audience)	Remind Throw a Ball	Push a Swing
Teach Social skills	Be Present for Transportation Times	Wave “Goodbye”
Walks	Ball Games	Painted Games on Asphalt
Creative Playground	Drumming	Hide and Seek
Zipper	Kick the Can	Jump Rope Club
Tag	Tetherball	Simon Says
Follow the Leader	Snow Angels	Obstacle Course
Cloud Watching	Mud Pies	Joking with the Kids
Brain Gym	Sand Castles	Team Building Tasks
Parachute	Rock Collecting	Painting
Trust Games	Sidewalk Chalk	Walking Club
Running Club	Painting Rocks	Quiet Sitting Space
Teaching About Nature	Feeding the Birds	Low Organized Games
Watch Ants	Kite Flying	Picking Up Garbage
Weaving In Frost Fence	Making Snowmen	Playing In Leaves
Picnics	Tug of War	Yoga
Daisy Chains	Walking with Teacher	Dance Routines
Pilates	Plays	Braiding Hair
Blowing Bubbles	Storytelling	Bike Riding
Guide the Student to De-Escalate	Mirror Intensity But Not Emotion	Validate Emotional experience
Play with Student in Playground Activities	Play with Child with Other Students	Instruct in Rules of Games
Give Practice time for Skills	Listen	Your Ideas:

Fostering Emotional Development: Outside-of-School Possibilities

Note: Connecting with students outside of the school day and the school environment requires professional judgment. Maintaining healthy professional boundaries is part of the important modeling for healthy relating in a Canadian context. With that said, the following teacher-generated ideas can be powerful in building connection with students who resist connection within the classroom or school context.

Connect With Guardians / Parents - email - call - home visits	Food Sharing, Snacks	Music Shared Appreciation
Find an interest student is into	Call student at home	Drop off homework
Use daybook	Give a stuffed toy	Use silence ... just sit with the student
Pursue grants to summer camps	Provide connections to resources outside of school, make referrals	See to basic need (e.g. CUPS ... coats for kids, etc.)
Talk to student about outside of school activities	Facilitate activities outside of school	Explore students' outside interests
Journaling	Vision boards	Watching extra-curricular activities
Keep in contact over the holidays (e.g., e-mail)	Send birthday cards / letters	Continue to maintain professional boundaries
Visit students in external programs	Introduce ideas "What to Do" outside of school	Take training together
Book club	Gardening	Horses
Go and watch one of the student's events (e.g., soccer game)	Class pet that goes home	Do recreational activities
Say "Hi!" when meeting in the local community (e.g., at store)	Provide resources for activities	Invite families into school communities
Do intramurals	Community Drama Clubs	Caring for Neighbor's Pets
Walking Pets	Playing Catch	Hanging Out With Friends
Phone Calls	Group for Students That Like To Fix Cars	Researching Other Cultures
Working with Dogs	Working With Horses	Hiking
Swimming	Craft Classes	Skiing
Art Classes	Music Lessons	Landscaping
Helping Elderly Members of The Community	Winter Activities	Employment
Sewing	Paintball	Movies

Laser Tag	Church	Volunteering
Video Games	Clubs	Meditation
Facebook/MSN/D2L/Computers	Free Community Programs	Going To Camp
Individual Fitness Program	Support Phone Lines	Biking
Mountain Biking	Walking	Watching Sports Events
Helping the Homeless	Humane Society	Skate Boarding
Community Programs	Your Ideas:	Your Ideas:
Your Ideas:	Your Ideas:	Your Ideas: