

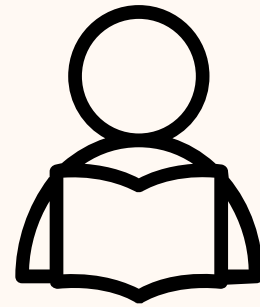
# Morning Meet

Participants took a quick moment to reflect and share on successes they have had in the following spaces with managing anxiety. This could look like strategies, tools, resources, people and/or practices.

The strategies in each box are a product of the notes and suggestions from the group discussions during our session. They have been compiled together by age group for your perusal.

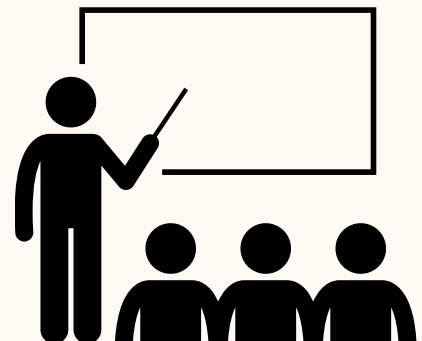
## 1-1 SUCCESSES WITH STUDENTS

- coaching approach - before -now-after
- visuals (in class and high-vis vests on adults)
- encouragement
- observant approach
- walk & talks
- It Starts With a Breath Book (free Anishinaabemowin audiobook)
- Sand Tray
- Challenge “stinking-thinking”
- building relationships
- being consistent
- communicating with parents
- “change the channel”
- learning partnerships (peer relationships)
- soft landing
- fish tank (3 observations before returning)
- flex seating
- routine/structure
- provide choice
- clear instructions
- movement breaks
- teaching mindfulness



## CLASSROOM SUCCESSES

- school-based programs
- zones of regulation
- mindfulness time
- start each day with affirmations
- thumbs (up, down, in between)
- daily journals
- visual directions/schedules
- including students in processes
- celebrating diversity/family differences/culture
- community building
- lighting (adjustable & colours)
- safety at school
- doodle breaks for transitions
- morning meetings
- Hearts & Mind curriculum (Keith McPherson)
- be good people curriculum (SEL strategies and lessons)



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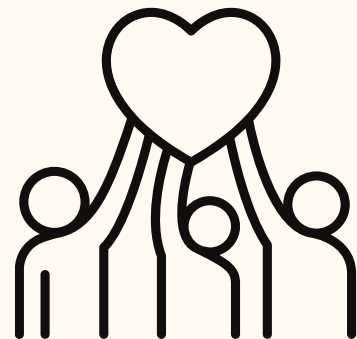
## SCHOOL SUCCESSES

- 15 min soft start to begin each day  
i.e fine motor activation, sharing
- mindful support position (2 min each day)
- Mind Yeti - 2nd step  
i.e body awareness, videos
- Seesaw postings
- feelings journals
- “Mindful Mondays”/“Take a Breath Tuesday”/Wellness Wednesdays”/ “Thankful Thursdays” / “Feelings Friday”
- SOS - connect with trusted adult



## COMMUNITY SUCCESSES

- connect with trusted adult  
SOS - Save One Student



# Morning Meet

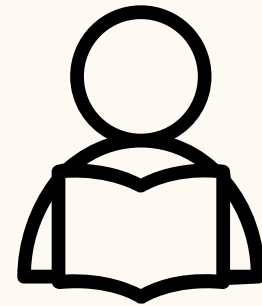
Middle Years

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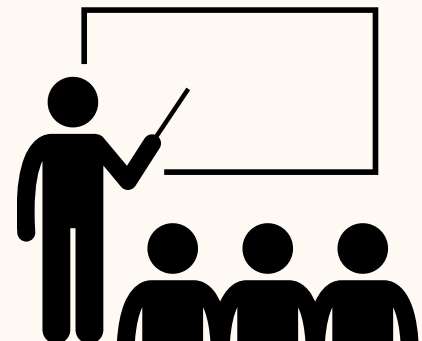
## 1-1 SUCCESSES WITH STUDENTS

- Brag book
- teaching students about their brain
- getting students to set goals
- connections
- finding positive thoughts
- boundaries clearly discussed
- allowing a voice/having a listener
- supporting students to find personal successes without focusing on comparative success
- promoting growth and improvement with an eye to standards
- responding vs. reacting (teaching)
- flexibility, comfort in classroom
- letting be
- connecting to students
- relationships
- time
- modernizing teaching approaches
- accepting diversity and students for who they are and not what they are



## CLASSROOM SUCCESSES

- Virtue training (Virtue Project)
  - learn to see them @ their level
  - don't label
  - listening/looking/focusing on positives/strengths
- write a letter to everyone about what they see positively
- systemic change to promote better methodology to address anxiety and other neurodiversity
- emotional resilience skills
- relationships
- safe space where students can make mistakes and try hard things
- scaffolding
- encouraging language
- transition back to community schools
- longer stamina in learning
- student participation
- acceptance
- connections to the land, community, identity



# Afternoon Meet

Middle Years

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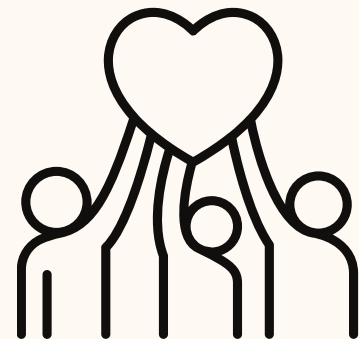
## SCHOOL SUCCESSES

- routine and continuity between classes
- vocabulary
- grade level meetings
- Interactive start to each day
  - move, build, relax, learn
  - first 30 minutes student choose before heading to classes
- Student Services
  - Supporting teachers with adaptations/modifications/SSP
  - Doctors/Clinicians
  - Parents
  - School psychologists
- Build belonging by “hard booking” homeroom time at the beginning and end of each school day
  - time for classes to connect and build community



## COMMUNITY SUCCESSES

- Grants for breakfast club and lunch club
- Youth centre connections
- communication with parents
- Game Night/Fundraisers
- BBQs for community
- Free tutoring



# Morning Meet

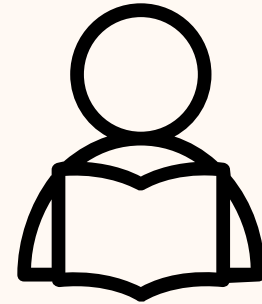
Senior Years

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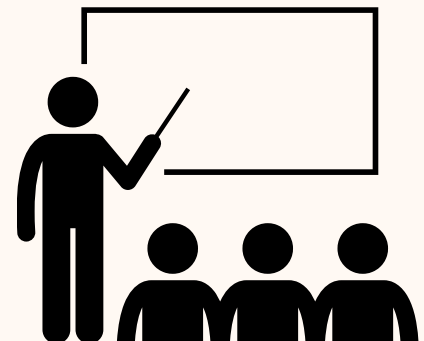
## 1-1 SUCCESSES WITH STUDENTS

- Getting to know students to build relationships
  - likes/dislikes, non-academic topics
- one-on-one conversations
- giving time and space when dysregulated
- small groups
- videos for extra support
- getting data on students (influences programming)
- lessons that include needs and interests
- building self-efficacy
- redirection away from academics
- honouring experiences and validating feelings
- celebrating strengths
- small challenges to build their capacity for challenge
- setting up plans outside the class (connect outside classroom)
- UDL (classroom designed with a variety of furniture)
- cueing system (students signal anxiety level)
- frequent check-ins
- look for peer connections in group work - increase comfort level
- passion/action projects
  - ownership in learning, life skills related to goal setting, planning, feeling like school work **matters**



## CLASSROOM SUCCESSES

- visuals of objects/subjects that interest students
- normalizing the individual's feelings
- structure and routine - verbal and visual
- managing transitions
  - soft landing
  - first 15 minutes choice time/catch-up
- consistency
- compassionate approach to student behaviours
- removing power struggles to under behaviour/anxiety
- ask students for teacher expectations
  - "I wish my teacher knew..."
- using teacher mistakes as teachable moments
- Fun Friday
- Monday: Muffin & Mornings
- Spend 1st week of school getting to know students
  - open communication with students for rest of year
- make small groups to have students feel more comfortable (those who have not been in school for several years)
  - leads to future success in larger groups



# Afternoon Meet

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## SCHOOL SUCCESSES

- communication between all staff
  - student specific behaviour plans
  - PBIS
  - social workers available for students
  - Restorative practices - less negative
  - SET - proactive self-regulation)
  - "Break Room"
    - purposeful break
  - personalized learning and programming
  - opportunities for a variety of learners
  - extra-curriculars/clubs
  - soft-start
  - regulation spaces
  - team building across the school
  - student services available to support both students and teachers
- Wellness Wednesdays (talk about topics relating to anxiety)
  - Teacher Advisory (40 minutes period-students taught about strategies to cope with mental health challenges)
  - step plans (choose something students want to work on and connect it to their thinking)



## COMMUNITY SUCCESSES

- Why Minds (ACT approach through YMCA)
  - Speak Up (CMHA)
  - Living Life to the Full
  - Bounce back
  - Futures Forward
  - Huddle (WRHA)
  - Art City
  - Mood Disorders
  - Knowles Centre
  - Access Clinics
  - MATC
  - volunteer
  - field trips
  - making sure every student has a voice and belongs
  - fundraising to donate to community
    - student-initiated
  - choice and exposure to community supports
  - family engagement
- Building on history
  - sporting events
  - community BBQ
  - involving parent volunteers (connect with staff and students)
  - "team meetings" with other teachers
  - inviting community to join school events
  - inviting elders and knowledge keepers into classroom

