

Table 1.1: Chapter 1 Next Steps

What You Can Do Tomorrow	What You Can Do With More Effort	What You Can Do With More Resources
<ul style="list-style-type: none"> • Take the Big Five personality test (www.truity.com/test/big-five-personality-test). It can help you know yourself better so you can better understand your interactions with others. • Practice self-talk to regulate your emotions and learn to be proactive instead of reactive. • Be mindful that your students' behaviors are rooted in their attachment styles and past traumas. • Think about what else you can provide yourself, your classroom, or your students to improve inclusion. • Designate calming therapeutic rooms where students can go to de-escalate and regulate their emotions in a safe, supportive environment. 	<ul style="list-style-type: none"> • Engage in rational emotive behavior therapy training to defuse emotional triggers. This easy-to-use technique does require practice, but it is a relatively simple cognitive behavioral approach to shifting your mindset in the face of adversity. • Read more about emotion regulation so you can understand your and your students' emotions better, and how emotional responses impact inclusion. • Investigate literature surrounding adverse childhood experiences (ACEs). • Investigate literature on teaching problem-solving skills and include environmental considerations in your lesson plans. • Introduce mindfulness practices and meditation sessions as part of the daily school routine to help students develop self-regulation skills. 	<ul style="list-style-type: none"> • Request soft skills training to enhance your personality traits to best align with those needed to be successful. • Organize a free professional development training on ACEs for all school staff (https://xeleratelearning.com/e-learning-aces). • Implement districtwide social-emotional learning (SEL) curricula that focus on teaching emotion regulation, self-awareness, and problem-solving skills across all grade levels. • Hire SEL specialists or counselors in every school who can provide targeted interventions, lead group sessions, and offer individualized support for students struggling with emotion regulation. • Offer extensive training for teachers on SEL strategies, trauma-informed practices, and conflict resolution techniques to better support students in the classroom.