

Table 4.2: Chapter 4 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"> ▪ Practice deep breathing by simply searching on YouTube for “deep breathing exercises.” You will be amazed how much stronger you can make your lungs and brain simply by engaging in focused breathing exercises. ▪ Reflect on the most common types of disagreements you see in your class between yourself and students or between the students themselves. ▪ Consider the proportion of consequences you (or those in your school) issue to the degree of supportive, proactive interventions. 	<ul style="list-style-type: none"> ▪ Make it a point to meet regularly with the school counselors in your district to get their advice on de-escalation and learn about the suggestions they provide to help students manage their own emotions. ▪ View the film <i>Paper Tigers</i> and hold a staff meeting to discuss the strategies described in the movie. ▪ Create safe spaces within the school where students can go to calm down and seek help if they are feeling overwhelmed. ▪ Develop and enforce policies that promote inclusivity and respect for all students, which can reduce the risk of bullying and discrimination. ▪ Create open lines of communication between the school and families to discuss students’ needs and progress. ▪ Offer workshops for parents on how to support their children’s mental health and well-being. 	<ul style="list-style-type: none"> ▪ Consider enrolling in a crisis prevention training program to hone your skills. ▪ Hold refresher meetings on crisis prevention training. ▪ Engage in mental and behavioral health assessments and screenings. ▪ Offer on-site therapy for students. ▪ Collaborate with community services to address issues such as housing instability, food insecurity, and family dynamics. ▪ Develop mentorship programs where students are paired with mentors who can provide guidance and support.