

Helping children develop well-being, resiliency and life skills takes an environment of trust, respect and support. By modeling these skills and nurturing positive behaviors throughout the day, together we can create a climate where everyone thrives.

[www.primetimepbc.org](http://www.primetimepbc.org)

## MORNINGS AT HOME



- A simple hug, genuine eye contact and a positive thought for the day can help your child wake up to a world of love and encouragement.



## AT SCHOOL

An inclusive morning circle sets the tone for a productive day with everyone equally welcomed, greeted and encouraged.

- In morning or afternoon circles, a child may get to lead the discussion by sharing a story, a feeling or a favorite character from a book.



Children practice self-awareness and self-regulation strategies that promote planning skills, increase readiness to learn and reduce anxiety.



## AFTER SCHOOL

Encouraging teamwork and child-to-child mentoring in group play activities helps build cooperation and respect across grades and ages.

- Before activities start, a quiet 30-second "Power Pause" can re-set emotions and moods for both children and staff.



## EVENINGS AT HOME

Having a short daily one-on-one conversation about the highs and lows of the day, without technology, builds family connection, and helps create a safe haven for both celebrating wins and dealing with challenging situations.

