

WELL-BEING & LIFE SKILLS MORNING TO NIGHT



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.

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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.



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

- 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.



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.

