

The SELF-T Approach for Teachers

S step-back

Pause for a moment to give yourself some space to center your thoughts, for seeing a larger picture, for taking the perspective of the person or system you are engaging with in this moment.

E evaluate

What is the real stressor? What are you thinking right now? How can you think about this differently? Is there a response that will give you time to reflect and not just react?

L listen

Listen to an inner voice that is optimistic and grateful, one that focuses on the well-being of you and those around you. Listen to your heartbeat as it and your thoughts slow.

F focus

Focus on the bigger picture. Practicing resilience strategies that work for you: controlled breathing, calming imagery, muscle relaxation.

T teach

Now calm, centered, open to the moment in front of you, use your skills to help the children and families with you grow and learn.

Stress Reducing Techniques for the Classroom



Lead the children in your care in a breathing exercise. Keep it short, positive, and adapted for their age.



Write a gratitude note to someone you work with (or for) or a parent whose child is in your class.



Add physical movements to the breathing, such as yoga poses, that will help reduce children's anxious feelings.



During circle time, take time to model thankfulness for those in your program; ask children to thank a friend.

