

Personal Reflection: Building a School Family Culture Starts with YOU!

Have I ...

- Created a personal Safe Place™?
- Identified my own “buttons/triggers”? Responded with, “I am safe, I can handle this. Keep breathing”?
- Let go of judging?
- Implemented a personal Wish Well ritual (at home and/or work)?
- Started with a Brain Smart® Start daily (unite, disengage stress, connect, commit)?
- Used “safety” language, for example: “My job is to keep you safe”?
- Created a School Family (theme, name, motto)?
- Viewed behavior as a call for help (even with staff)?
- Assertively told others what to do?

Do you have a person? What is your plan for managing under stress?

Notes: _____

Safekeeper Ritual



How will you keep your staff safe? _____

When will you do the Safekeeper Ritual? _____

What will you use for the ritual? _____

Building Staff Family



What are some activities you can do to build a Staff Family?

How can you incorporate these activities throughout the school year?

Brain Smart® Start



Ideas for uniting: _____

Ideas for connecting: _____

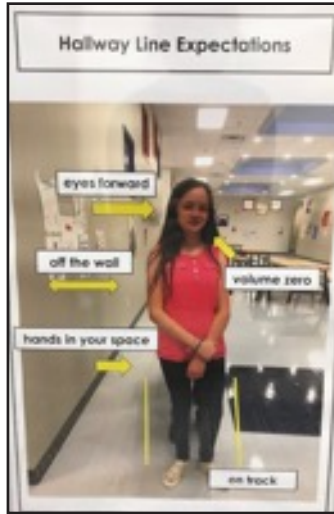
Ideas for disengaging stress: _____

Ideas for committing: _____

Who will lead? _____

Additional ideas: _____

School-Wide Visuals



Visuals for Students: Where in the school would visuals be helpful for students?

- Restrooms
- Hallways
- Playground
- Shared spaces
- Locker rooms
- Dismissal/Bus
- Cafeteria/Auditorium

Visuals for Staff: Where in the school would visuals be helpful for staff?

- Sign-in/out
- Teacher mailboxes
- Staff lounge
- Resource rooms
- Front office

How and when will the procedures for these be taught to staff AND students?

Additional notes: _____

School-Wide Assembly



• Uniting song:

• Activity to disengage stress:

• Connection song:

• Conscious Discipline lessons:

• Birthday celebrations:

• New student celebrations:

• Celebrations shared by students:

• Commitment at the end:

Friends and Family Board for Staff



Where will it be located? _____

How will you collect pictures for the board? _____

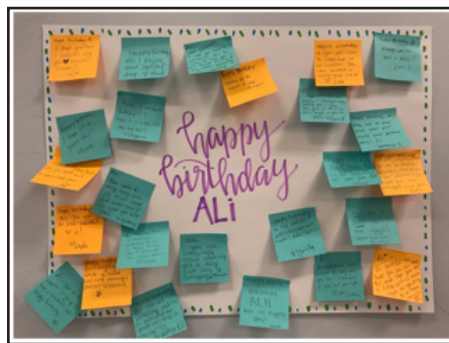
How will the structure be maintained? _____

Noticing Kindness



How will you recognize kindness with staff? _____

Celebrating with Staff



How will you celebrate? _____

What will you celebrate? _____

How often will you celebrate? _____

When will you celebrate? _____

Welcoming New Staff



How will you welcome new staff to your school? _____

Who will manage this ritual? _____

When will you do the ritual? _____

