

Teachable moments arise throughout the school day in any subject area to introduce and practice strategies to promote Social and Emotional Learning. Here are some ways to help students strengthen their resiliency throughout the curriculum by practicing strategies for persistence:

- **Allow students to struggle. When we step in too soon, we don't allow students to develop their resiliency muscles. Nurture a classroom climate that accepts mistakes as part of the learning process and reframes problems as challenges.**
- **Consider displaying quotes from historical figures who have persisted through challenges.**
- **Praise your students when they persist through challenges. Praise effort as much as the end result.**
- **Encourage positive self-talk and positive reframing in your classroom. Stop students when they are engaging in negative talk and help them to reframe their thoughts and words.**
- **Be aware of the connections your students have. Quality relationships are a key to resiliency. We all need support on difficult days and during difficult seasons.**
- **Do what you can to make sure your students are getting enough sleep, eating well, and exercising. Proper self-care will help students build more resiliency.**
- **When reading a fiction book, direct students' attention to how the main character persists through challenges. Ask students how they would have responded to those challenges.**