Implementation Begins with YOU

Ask yourself: Have I ...

• Created a personal Safe Place™?
• Identified my “buttons/triggers”? Say “I am safe, I can handle this. Keep breathing.”
• Let go of judging and implemented a personal Wish Well ritual (at home and/or work)?
• Started 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 behaviors as a call for help (even staff)?
• Assertively told others what to do?

Who is your “person”? How will you manage under stress?

Brain Smart® Start for Staff

• What will you do to unite? ____________________________________________________________
• Who will lead the movement? ______________________________________________________
• Who will lead disengaging stress? ____________________________________________________
• How will you connect? ______________________________________________________________
• How will you commit? ________________________________________________________________

Where are visuals needed for staff?

• Restrooms
• Sign in classrooms
• Staff lounge
• Front Office

Where are visuals needed for students?

• Hallways
• Restrooms
• Cafeteria
• Bus areas/Dismissal
• Play ground
• Locker Rooms

When will the procedures for these be taught to staff AND students?
School Assemblies

• Uniting song: ____________________________
• Disengage stress: ____________________________
• Connection song: ____________________________
• Conscious Discipline lessons: ____________________________
• Birthday celebrations: ____________________________
• New student celebrations: ____________________________
• Celebrations shared by students: ____________________________
• Commitment at the end: ____________________________

Creating safety

________________________________________________________________________

Building connections

________________________________________________________________________

Friends & Family board for staff

• Where will that be? ____________________________
• Who can collect pictures and put them up? ____________________________
• How will you maintain this? ____________________________

How will you recognize kindness for staff?

________________________________________________________________________

Staff and school rituals

________________________________________________________________________

Celebrating with staff

• How will you celebrate? ____________________________
• What will you celebrate? ____________________________
• How often will you celebrate? ____________________________