

The background of the slide is a dark teal rectangle with a white border. The border is composed of thick, expressive brushstrokes in various shades of teal, blue, and green, creating a textured, artistic frame around the central text.

Tutoring as a Safe Space

Constructing Psychological Safety for Your Student

Rebecca Glaser, Literacy Leader



Today:

- I. Our brains and stress**
- II. Impacts of tutoring relationships**
- III. What promotes “safety” during tutoring?**
- IV. Strategies and ideas**

Social Emotional Check-in

Calm & peaceful place visualization


**How does it look?
How does it sound?
How does it smell?**





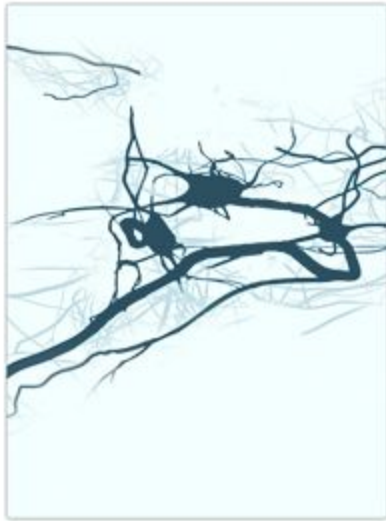
School on Wheels Mission

To enhance educational opportunities for children who are experiencing homelessness from kindergarten through twelfth grade.



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**When our brains
feel safe we are
ready to learn.**



Stress systems in our brains: Reptile vs. Logical



Amygdala or “reptile brain”:
Produces feelings of fear, anger, anxiety, intense joy.

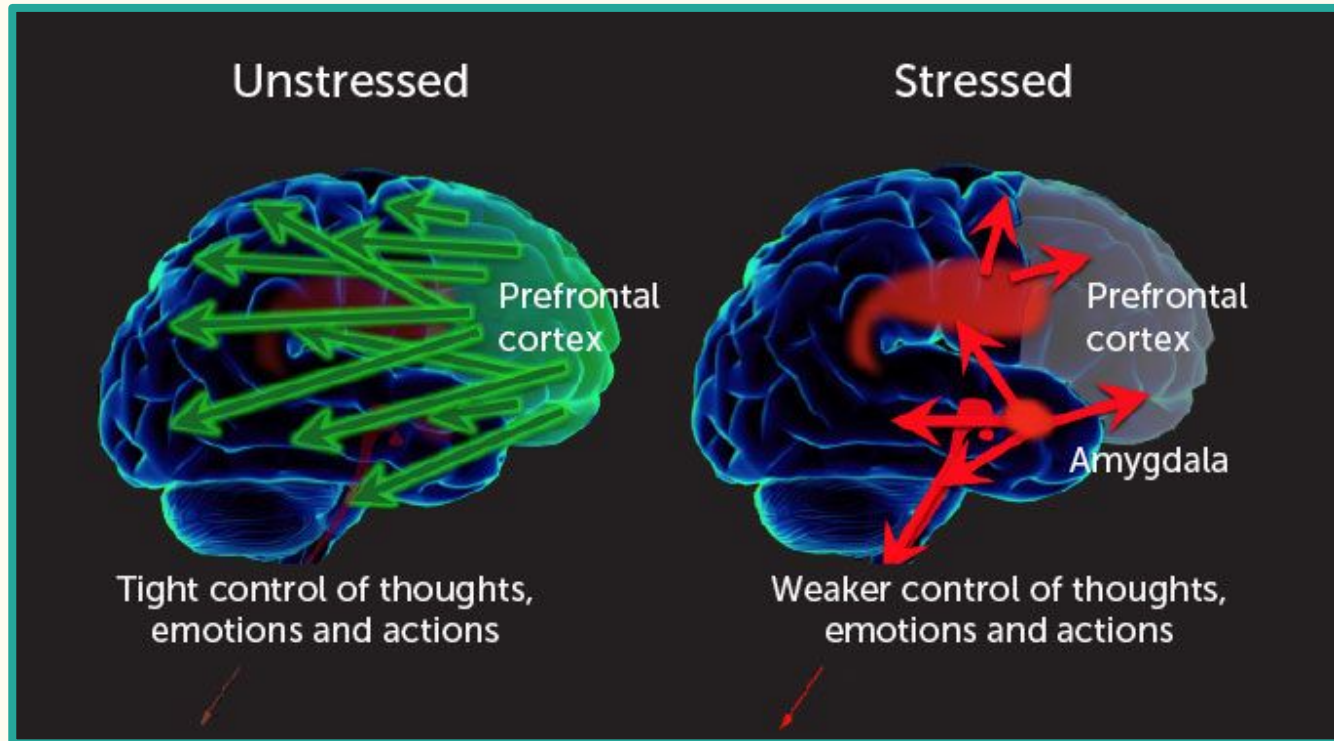
- Makes us feel our emotions physically AND be aware of them.



Prefrontal cortex or “logical brain”:
Allows us to control our emotions, think logically, learn, socialize, predict & plan.

- We can practice every day to strengthen these abilities!

Stress systems in our brains






Applying the Science of Toxic Stress to Transform Outcomes

with Nadine Burke Harris,
Surgeon General of California



The bears we face

Poverty
Homelessness
COVID-19





Tutoring as a safe space

Our students are going through a period of upheaval, transition, fear and possibly grief.

“The virus is disrupting many of the supports that can help vulnerable kids stay in school: academic engagement and achievement, **strong relationships with caring adults**, and supportive home environments.”

Are you in the GREEN?

Step #1



Rev. 2-12-2018

Adapted by Jessica Richards based on Lillas & Turnbull, 2009



MY FEELINGS CHART

TODAY I AM FEELING: _____



HAPPY



INTERESTED



PROUD



HOPFUL



PLAYFUL



SAD



LONELY



ASHAMED



BORED



IGNORED

@journey-to-wellness



FEAR



ANXIOUS



WORRIED



OVERWHELMED



REJECTED



DISAPPOINTED



AVOIDANT



JUDGEMENTAL



HESITANT



LOATHING



ANGRY



FRUSTRATED



IRRITATED



SARCASTIC



DEVASTATED

How I am feeling?



Happy



Angry



Upset



Silly



Nervous



Surprised



Frustrated



Hungry



Affectionate



Sleepy



Thoughtful



Sick

Our stress response

Stress isn't bad!

We're supposed to feel stress (get stretched out like a rubber band) and then relax again.

This makes us **resilient**.



Resilience is...

Ability to get back up again.


Resilience is **not**:



Resilience leads to...

- Better learning
- Better health
- Positive relationships



The background of the slide is an abstract composition of thick, expressive brushstrokes in various shades of teal, turquoise, and light blue. The strokes are layered and textured, creating a dynamic and artistic feel. A solid dark teal rectangular area is positioned in the center, serving as a backdrop for the white text.

**The single most common factor
for children who develop
resilience is at least one stable
and committed relationship with
a supportive parent, caregiver,
or other adult.**

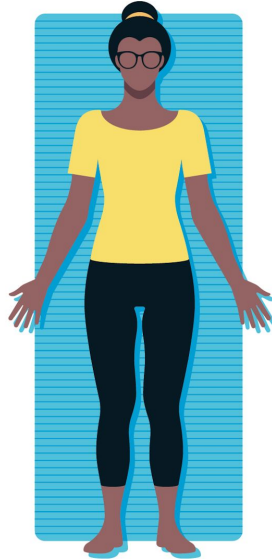
Center on the Developing Child, Harvard University

Social Emotional Check-in

FEEL CALM ALL OVER

This Monday, try a mindfulness body scan to ease tense muscles and let stress drift away.

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.



**DESTRESS
MONDAY**

DeStressMonday.org

#DeStressMonday

TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Big Life Journal - biglifejournal.com

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Impacts of tutoring relationships



Positive Childhood Experiences:
"At least 2 nonparent adults who took
genuine interest in me"

Benevolent Childhood Experiences:
"An adult (not a parent/caregiver...) who
could provide you with support or advice"



Mentoring Process Scale:

- **Role modeling**
- **Advocacy**
- **Relationship & emotional support**
- **Teaching & providing information**
- **Shared activity**

Measuring Key Processes in Youth Mentoring

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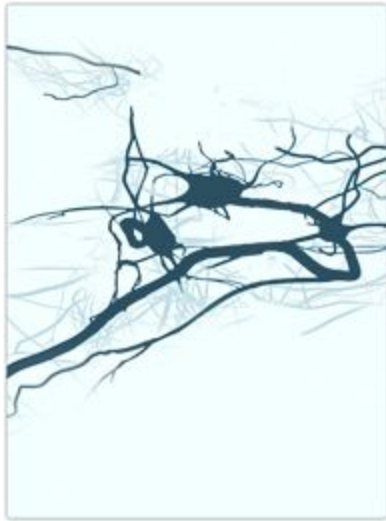
**What promotes
safety during
tutoring?**



Routine & consistency

How?

- Keep showing up!
- Consistency helps students use their brain power for learning.
 - Predictability lowers stress.
 - Practice creates automatic habits.





Routine & consistency

Within your structure & routine, give students options!

- Routine should include a chance to connect with you and time for learning (including homework as needed).
- During time for learning, introduce new ideas and try new activities.
- Offer 2-5 options to your student.
- Have fun!

The background of the image is a dark teal rectangle centered on a larger canvas. This rectangle is surrounded by thick, expressive brushstrokes in various shades of teal, turquoise, and light blue. The strokes are layered and textured, giving the image an artistic, painterly feel. The text is centered within the dark teal rectangle in a clean, white, sans-serif font.

**Support your
student to fill up
their coping
toolbox.**



Help students develop independent strategies

How?

- Make it part of your tutoring routine to try a strategy together each session.
- Model for them in age-appropriate ways.
- Talk directly about coping strategies or filling your toolbox.

What works for you to manage uncomfortable emotions or big challenges?



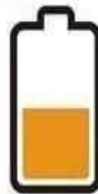
YOUR SELF-CARE BATTERY

Reading
Time alone
Meditation

8 hrs sleep
Music
Tea

Hot bath
Cuddles
Best friends

Recharging



Depleting

Social events
Work/School
Finances

Obligations
Responsibilities
Chores

No sleep
Family
Health



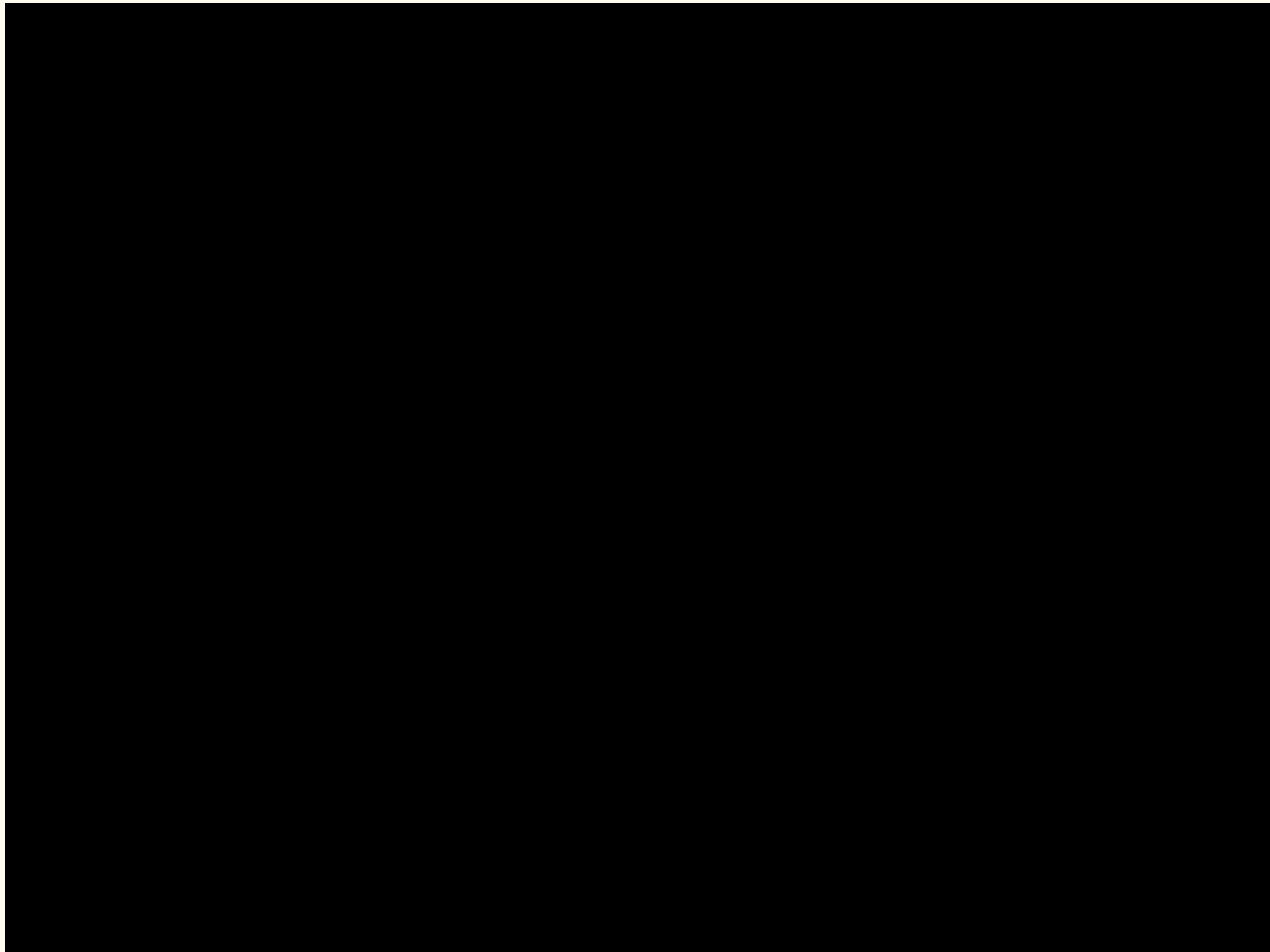
Self-care battery

- What is **1 thing** that **recharges** your **battery**?
- What is **1 thing** that **recharges** your student's **battery**?
- What is **1 thing** that **drains** your **battery**?
- What is **1 thing** that **drains** your student's **battery**?

What percent is your battery at right now?

What's affecting your energy level?









Mindfulness

Mindfulness is...

- A moment that's calm inside your mind.
- Focusing on the present.
- Not judging yourself.

Mindfulness is different for everyone.



The 5-4-3-2-1 Coping Technique

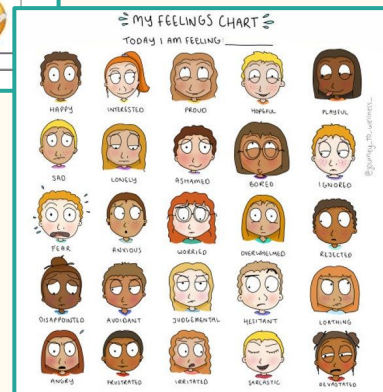
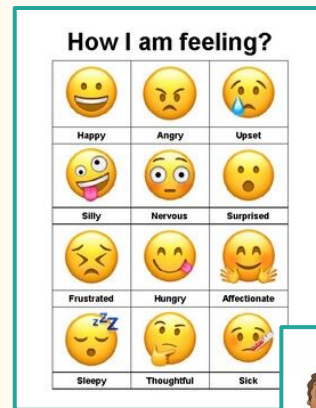
Ease your state of mind in stressful moments.



Why is it so important to name feelings?

Increase in emotional awareness

- Better communication - with family, peers, and teachers
- Empathy
- Normalizes feelings
- Recognizing misunderstandings
- Forces the logical part of our brain to help process the feeling



Sit and Stretch

Directions: Sitting in a classroom chair, perform the stretches below. Remember to perform to the right and the left.

1



2



3



4



5



6



EXERCISES FOR NECK & SHOULDER PAIN



Neck Retraction

Stand up straight and make sure to keep your eyes level. Bring your head back by pressing gently on your chin. Return to normal. Repeat 15 times.



Head Drop

Lower your head with chin to chest. Go back to neutral. Lean your head back. Return to neutral. Repeat 10 times.



Side Bend

Lean ear to shoulder while keeping your shoulders square. Repeat 10 times on both sides.



Shoulder Roll

Rotate your shoulders up and around in a circular motion. Switch direction. Do each side for 30 seconds.



Shoulder Shrug

Shrug your shoulders to your ears and hold for three seconds. Rest. Repeat 10 times.



Shoulder Blade Squeeze

Clasp hands behind your back while keeping neck and shoulders relaxed. Pull shoulders down and rotate elbows inward. Hold for five seconds. Repeat five times.



Takeaways:

- I. When our brains feel safe we are ready to learn.
- II. You matter to your student in the long term!
- III. Be consistent.
- IV. Strategies and ideas



Thank you!