******50 Things You Can Do Right Now to Support Students’ Mental Health and Wellness**

1. **Learn student’s first names and greet them when you see them—high five, handshake, smile.**
2. **Eat lunch with a student or group of students.**
3. **Attend students’ extracurricular activities (sports, music programs, etc).**
4. **Promote a growth mindset—praise effort and know-how.**
5. **Volunteer as a club advisor or coach.**
6. **Keep an optimistic focus on the future in conversations with students—‘you’re going to have so much fun in that class!’**
7. **Include older students directly in IEP and/or behavior plan discussions.**
8. **Have conversations with students about topics/activities that interest them.**
9. **Play a game of cards, checkers, chess, Connect 4, etc with students.**
10. **Ask about a class project that you know the student is working on.**
11. **Remind colleagues about the 5:1 ratio (5 positives for every correction)—model this yourself.**
12. **Encourage and model predictability and structure in school expectations.**
13. **Send a ‘shout out’ or note to a student with a compliment.**
14. **Call home and tell the parents/family something positive about a student.**
15. **Keep an ‘inspiration file’—students keep pieces of work they are proud of in a folder, and can look back on them when they are having a rough day.**
16. **Demonstrate/model gratitude—write down 3 things you are grateful for and post for students to see (encourage them to do the same).**
17. **Put a variety of post it notes on/outside your door, with positive statements/affirmations for students to ‘take what they need’ for the day.**
18. **Share your own interests with students—engage in common interests (build a model, doodle/color, etc).**
19. **State what you observe—‘you look like you’re feeling sad today’—then offer the option of talking about it—model noticing how people are feeling and how to be supportive.**
20. **Have a prize/incentive box available for when students meet a goal/achievement.**
21. **Offer to be an incentive/reward for students on plans—be someone they can eat lunch with, play a game with, spend time with.**
22. **Send regular (weekly, monthly) emails to staff highlighting strategies to support students with various needs (ADHD, anxiety, etc).**
23. **Offer to teach a lesson (or consult) on social skills, mindfulness, managing big feelings, etc in a classroom.**
24. **Teach staff a single, age appropriate coping skill at each staff meeting for them to share with their class.**
25. **Have a ‘School Psychologist Question Box’--students can put in a request to talk with you.**
26. **Work collaboratively with school counselors or social workers, and school nurses.**
27. **Celebrate Mental Health Awareness Month (May) (many ideas online).**
28. **Offer to run a book study on a mental health or SEL topic within your building or district.**
29. **Have a poster with positive facts about a student and a ballot box for others to try to guess who this amazing student of the week might be—answers posted on Thursdays or Fridays**.
30. **Leave your office door open—be available to students, staff, and parents.**
31. **Have snacks available for hungry students.**
32. **Use students’ chosen names or pronoun preferences (when safe to do so).**
33. **Offer to be a Check In/Check Out person or mentor for a student.**
34. **Provide staff with easily implementable ideas to support SEL in their classrooms—offer to model any strategies they are interested in.**
35. **Be visible in the hallways—notice positive student behaviors—greet students and parents.**
36. **Help parents and students find the supports they may need outside of school—collaborate with outside providers for student success in school.**
37. **Offer to co-lead a group with the school counselor.**
38. **Offer to take a social skills group for the special ed teacher.**
39. **Provide information regarding ACEs, resilience, and trauma informed practice to your building staff—so they can support students in crisis.**
40. **Have a ready stack of your schools’ ‘currency’ (Eagle Feathers, Tiger Paws, etc) and hand them out when you see students engaging in prosocial behaviors/expected behaviors.**
41. **Do a ‘confidence challenge’—have students write down 10 things they like about themselves and when they show it to you they get a ‘reward’ (snack, small prize, etc)—they don’t have to let you read it, just show you that they did it (although many students would love to share it with you ☺ ).**
42. **Put up a question of the day or week on your door and encourage students to come chat with you and answer the question—great conversation starter.**
43. **Know students’ birthdays—give them a note or a card or simply tell them Happy Birthday when you see them.**
44. **Offer to be a ‘break’ or ‘calm down’ space for a student when needed.**
45. **Offer to go for a walk, take a break, walk the track, etc with a troubled student.**
46. **Have an emotions or Zones of Regulation visual on your door—encourage students to choose how they are feeling or what zone they are in.**
47. **Create a social detective scavenger hunt—have students find examples of prosocial or expected behaviors (per a scavenger hunt list of behaviors) with winners (make everyone a winner).**
48. **Be visible at recess or lunch—allow students to engage with you in play or conversation.**
49. **Arrange for a student to have a special job with you (delivering notes, taking something to a teacher, etc).**
50. **Share with your administrators and staff all the skills/domains of practice that school psychologists are trained in, especially regarding social/emotional learning and development—ask how you can be of help.**