



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.

Respect Self-awareness Empathy relationships Respect Self-awareness Empathy relationships Respect Self-awareness Empathy relationships

Illustration by Andrea Cobb