



dear educators;

We recognize that these are new and unusual times. Many of you are looking for creative solutions to a unique learning environment, coordinating the best way to meet your students where they are, all while navigating how this affects you personally. We at Sources of Strength are overwhelmingly grateful for you and all that you are doing for your community. We want to give you a chance to breathe!

no, seriously,
take a deep breath.

Our hope is that this document serves as a personal resource for you as well as your students.

Thank you so much,
the sources team



Educator and Online Classroom Resources

Sources of Strength believes in your power as a leader and relationship bridge to your students during challenging times like this. Staff members and teachers are humans first and we encourage you to make self-care a priority for yourself and then invite your students to join you in strength. By modeling self-care for our students, we invite them into participating in a model of strength and resilience. Below are resources for you to identify strength individually, for students to create individual self-care, and to facilitate and grow strength through classwide conversations and curricular integrations. All of these resources can be used in whatever ways best meet your needs. They can also be printed and used in low-tech settings as well.

Create an expectation for yourself and others of acknowledging the difficult situation and practice pivoting to strength when approaching stress. Consider strength and hope:

- Individually;
- Across relationships;
- Within our culture/community.

Share examples of how our strengths help us overcome challenges in life and practice cultivating a variety of strengths to promote resilience as individuals, schools, and communities.

Strength Building Resources

- Educator [Self Care Checklist](#) (For staff)
- Create an [Educator Self Care Card](#) (For staff)
- Student [Self Care Card](#) (For individual students)
- [Emotion Check-In](#) (For staff, individual students, class)
- [Sources of Strength Wheel Visual](#) (For staff, individual students, class)

Sharing Prompts

Below are some different sharing prompts you can use as discussion starters (large or small group), writing prompts, or starters for an assignment in all online classes:

Thankfulness

What are three things you are thankful for today?

Write a short thank you note to someone you are grateful to have in your life.



Family Support

Share an example of what family support looks like for you, a person in your family that supports you (immediate family, extended family, chosen family, foster, or adopted family).

Positive Friends

Who is a positive friend for you and what do you appreciate about them?

Mentors

Who is a mentor for you and what do you appreciate about them, what do they do for you as a support? (Teacher, Coach, Parent, Counselor, Youth Leader, Sibling, etc...)

Healthy Activities

Name a few of your favorite healthy activities and what they do for you in terms of coping and managing stress.

Generosity

Share a time that you experienced generosity from someone else or a time when you were generous towards others.

Spirituality

Share an example of how spirituality has been a strength for you. If you can't think of anything, then share something you are grateful for.

Medical Access

Share about a time that medical access was a strength for you or your family or friends.

Mental Health

Which of the big three emotions (anger, anxiety, or depression) is more common for you when you are having a hard time or wrestling with stress? What helps you when feeling these emotions?

You Belong

When is a time you felt that you belonged?
Who is someone that makes you feel like you belong?
How do you help others feel that they belong?
Who has invited you into belonging?
What makes you unique?

What Helps Me



Who are people in your life that help you? What do they do to help you?

What activities help you to feel joy?

What activities are calming for you?

I Am Stronger

One thing that I have done to grow stronger is _____.

One thing that I can do tonight to grow in strength is _____.

A person that I can support in growth is _____.

What strength have you used in the past week? How did it help?

Who is someone who has helped you grow in strength? How has this helped you?

Trusted Adults/Mentors

Who is a Trusted Adult that makes you feel safe to be yourself?

Name an adult you feel is "in your corner". How do they show you that they are for you?

Which adult do you most commonly ask for help, whether with school, a social issue, etc?

Tell about how your trusted adult worked to gain your trust.

One adult you would like to connect more to is _____, because _____.

Connect

When did you connect someone else to help?

When did you connect someone to a healthy activity?

How has someone else connected you to better mental health?

How have you connected others to your community?

Where would you go to connect a struggling friend to help?

Spirituality (this could include traditions, practices, culture or religion)

In what ways do you experience spirituality in your own life?

What are spiritual or gratitude practices that help you?

Where are spiritual places for you?

Share about a spiritual moment in your own life.

Healthy Activities

Share a story of how you used Healthy Activities to cope with a difficult situation.

Name three Healthy Activities you enjoy - include one energizing and one calming activity.

What is a Healthy Activity you might like to try?

Family Support



What unique traditions do you have in your family?
What makes a person “family”?
Who in your family supports you? How do they show support?
Who do you consider to be your “family of choice”? How do they support you?
How do you show Family Support to others?

Generosity

Who do you think is the most generous person that you know and why?
Name a person who has been generous towards you. How have they shown generosity?
How do you contribute to the community?
Name a time in which you demonstrated Generosity.
What is one way you can show Generosity today?

Additional Classroom Integration Ideas

While there are many ways you can incorporate strength based language and learning in your classroom below are a few ideas to consider:

- Ask students to identify how strength is being exhibited by individuals in reading assignments (articles, books, short stories, poems, etc.) or how they could benefit employing strength. What strengths would you recommend? How could the individuals become stronger?
- Identify strengths groups or individuals exhibited during difficult times throughout history. For example, what did Americans at home do during WWII to exhibit Generosity? Family Support? Medical Access? Spirituality?
- Have students compile a report using peer-reviewed research articles on the benefits of Positive Psychology and thankfulness.
- Ask students to write case studies on especially resilient characters in film and describe what strengths that individual tapped into.
- Make the first question of a quiz or exam “What are you grateful for” and the final questions “Name two strengths you feel strong in right now.”