Responsive Classroom®

Strategies for Bringing Calm to the Classroom

One-day workshop

Suitable for school personnel such as counselors and deans

Learn practical techniques to ease student stress, nurture resilience, and create a sense of calm that supports learning and well-being.

Students today are navigating unprecedented levels of stress and anxiety, which can impact their learning, relationships, and even their sense of self. You'll explore practical strategies for helping students manage intense emotions, regain a sense of calm, and build lasting resilience. Leave with tools you can use right away in one-on-one sessions, small groups, or classroom settings to support student well-being with confidence.

Resources included:

- *Strategies for Bringing Calm to the Classroom Resource Book*

> "This workshop gave me strategies to help ease student stress and replace it with calm and focus."
>
> —**Mr. C.**, middle school counselor and coach

> "I feel more confident supporting students through anxiety and big emotions."
>
> —**Natasha L.**, elementary counselor

Agenda

- Building Resilience Through Connection
- Examining Temperament, Attachment, and the Brain
- What Educators Should Know About Student Anxiety
- Practicing Core Coping Skills for All Students
- Supporting Students Who Need Extra Help

Participants will:

Examine how stress, anxiety, and resilience affect student well-being across developmental stages

Explore the influence of temperament, attachment, and brain development on student responses to stress

Practice strategies for teaching coping and regulation skills that all students need

Plan additional supports for students who require more targeted or intensive help

Contact us

to bring this workshop to your school or district.

responsiveclassroom.org/on-site-services

Register today

to attend this workshop at one of our events.

responsiveclassroom.org/training