

# 10 strategies to promote student and teacher wellbeing post emergency



**01**

Promote connectedness to school for students and families



**02**

Re-establish routines and a focus on learning



**03**

Teach skills for self-care to teachers and students



**04**

Establish realistic expectations for teachers and students



**05**

Notice, support and refer those with higher needs



**06**

Provide professional learning to help teachers respond effectively



**07**

Provide social and emotional learning to aid long-term recovery



**08**

Provide opportunities for expression through the arts



**09**

Make time for collaborative fun and play



**10**

Acknowledge and partner with those who can provide support