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Ways to build Support, Comfort, and Trust

Preschooler	Elementary	Pre-teen and teens
<ul style="list-style-type: none"> ● Stick to routines – be as consistent as possible ● Provide comfort and Reassurance ● Encourage expression of feelings through play, drawing or puppets ● Allow him/her to ask questions to understand the Environment ● Do not allow acting out behavior to continue ● Set safe boundaries 	<ul style="list-style-type: none"> ● Provide extra attention and consideration ● Set gentle but firm limits for acting out behavior ● Listen to the story repeatedly ● Encourage expression of thoughts and feelings ● Consistency and structure are essential ● Point out mastery and good deeds 	<ul style="list-style-type: none"> ● Provide extra attention and consideration ● Be available to listen but do not force talking ● Connect with peers when appropriate to talk ● Urge participation in clubs and sports teams ● Ensure consistency as much as possible. ● Ask the student to identify areas of strength and mastery

Copied from: *Fostering Resilient Learners* by Kristin Souers, Pete Hall