

# Useful approaches and activities

Always consider the needs and sensitivities of all your students before including any activity.

Adapt as needed.

- ✓ [60-second strategy: Snowball toss](#)
- ✓ [60-second strategy: Do now sheets](#)
- ✓ [Demonstrating self-regulation with tone of voice](#)
- ✓ [60-second strategy: TUMS at the door](#)
- ✓ [Peace corner: Creating safe space for self reflection](#)
- ✓ [Getting ready to learn with mindfulness](#)
- ✓ [Fostering belonging with classroom norms](#)

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