

This year I will

**I want to be Intentional
with**

Notes

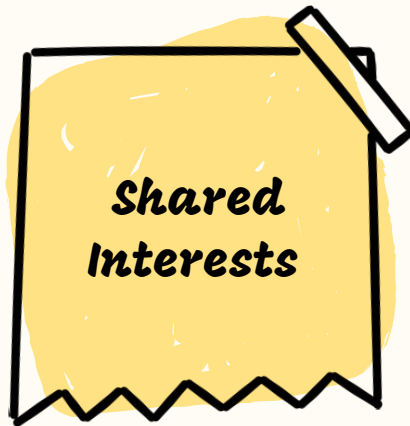
Notes

Connection

**Take
a
ways**

How do I regulate?

**Reflection: What Is In my comfort
zone and where can I grow?**



Engage students through what they love—music, pop culture, or creative expression. Activities like "Song Feelings" create space for connection and emotional exploration.



Model vulnerability by participating alongside them. When you're real, students feel safer to be real too.



Show up with unconditional positive regard. Check in with yourself first, so you can be fully present for them.