

# STAYING WARM



Being warm to our students is critical to their resilience. But what exactly is warmth?

## WARMTH includes:

**Frequent affection, approval, and encouragement.**

Examples include: Saying "I love you," giving hugs, praising their qualities & character, and speaking in a friendly tone.

**Maintaining a healthy relationship.**

Ask them about the things that interest them. Disclose some of your interests. Talk openly & positively. Do activities you both enjoy.

**Support and sensitivity.** Respond to their needs, appreciate their ideas, help them problem solve, and show understanding. Allow them to have their own opinions!