

# Creating Communities of Care

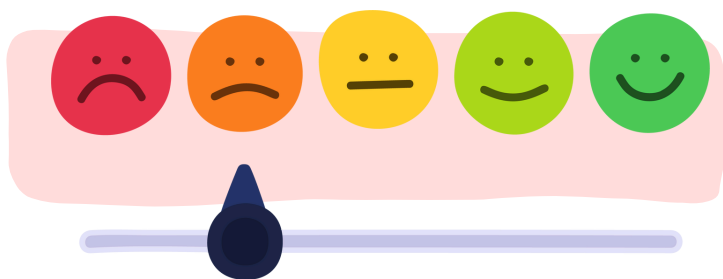


## Building Essential Skills Into Everyday Moments



# Morning Routines

- Start with a "feelings check-in": Use simple phrases like "I feel..." or point to emotion faces on a chart
- Practice gratitude together by sharing one thing you're looking forward to today
- Create a morning mantra or positive affirmation to say together



# Mealtimes and Gatherings

- Take turns sharing "peaks and valleys" (best and challenging moments) of the day
- Practice active listening by having each person share a story while others demonstrate engaged body language
- Play "Rose, Thorn, and Bud" - share something good (rose), challenging (thorn), and hopeful (bud)



# Transitions and Downtime

- Use "mindful moments" between activities - take three deep breaths together or try box breathing (in for count of four, hold for count of four, out for count of four)
- Create calm-down corners with sensory tools, books, and quiet activities
- Practice "Reset and Relax" before reacting to frustrating situations



# Problem-Solving Opportunities

- Use conflicts as teaching moments by naming emotions and brainstorming solutions together
- Create a "problem-solving wheel" with different strategies to try
- Model self-regulation by narrating your own thought process: "I'm feeling frustrated, so I'm going to take a deep breath"

## Problem-Solving Wheel



# Building Community

- Establish regular "appreciation circles" where everyone shares kind words about others. At WINGS, we call ours Heys & Praise.
- Create classroom/family agreements together about how to treat each other
- Designate helper roles that rotate regularly to build responsibility and belonging



# End of Day Reflection

- Share three things that made you feel proud today
- Practice collective gratitude by noting ways others helped you
- Set a small goal for tomorrow



# Tips for Success

- Keep activities brief (2-5 minutes) and consistent
- Use visual aids and simple language
- Celebrate effort and growth, not just outcomes
- Model the behaviors and skills you want to see
- Make it playful and age-appropriate
- Be patient - building new habits takes time



Remember: Small, consistent moments of connection and reflection can create powerful lasting impacts on social and emotional development. Start with one or two practices that feel most natural to your routine and gradually add more as they become habits.



