

Student Stress Support Checklist

Trauma

Social-emotional check-ins (daily,
weekly, bi-weekly)
Introduce to grade-level counselor
Introduce to bilingual mentor
Provide students with your contact info
(use Talking Points for translation
use)

Acculturation

First days buddy (First language partner
if possible)
Allowing use of a translator in the first
days and months

Resettlement

Basic Needs:
Student supplies
Communication tools
Bus card + lunch account info
School map + tour
Comprehensible schedule

Isolation

Providing appropriate scaffolds and
differentiation so students can
participate in lessons
First days buddy (L1 if possible) for
walking student to next classes and
cafeteria

Parent Stress Support Checklist

Trauma

Assist parent from being a cultural survivor to a cultural leader.
Help parents connect.
Provide info on mental health resources.

Acculturation

Communication tools
Translation tool info (Talking Points, YouTube videos with first language support for tech- Google Classroom, etc.)
Give info for local English classes.

Resettlement

Provide community information for:
Healthcare clinics/insurance
Bilingual legal services
Bilingual financial resources
Resources for low-cost/free furniture and clothing

Isolation

Organize parent activities at school, virtually in social media groups or meetings, or in the community.
Provide easy ways to contact the school, bilingual mentor, and teachers.

Teacher Stress Support Checklist

Emotional

Monitor how you feel around those you work with.

After talking with someone, who makes you feel drained/inspired/etc.

Identify what may be a stressor and figure out a fix.

Lesson planning stressful? Research lesson-planning shortcuts .

Focus on one thing/fix at a time to not feel overwhelmed.

Physical

Take time to sit and breathe or meditate, even if for 5 minutes.

Do something once a month for you, like massage, facials, acupuncture, etc.

Make a point to go out with friends or somewhere you enjoy.

Work Environment

Understand your boundaries and draw them.

Avoid teacher's lounge if it is toxic.

Avoid other teachers if toxic.

Maintain good relationships with admin and those who help you grow.

Home

Try to keep work at work.

- This includes the mental work!

Practice good sleep hygiene.