Every Student, Every Day: How to Support Mental Health and Learning Readiness in your Elementary Students

How can we design learning environments and experiences that honour student individual needs and grow their capability as competent, connected and engaged learners?

This learning guide is designed to accompany the *Every Student, Every Day: How to Support Mental Health and Learning Readiness in your Elementary Students* article.

To access this resource, go to:
https://www.crcpd.ab.ca/trending

Introduction to the Article:

The *Every Student, Every Day: How to Support Mental Health and Learning Readiness in your Elementary Students* article offers strategies to support your work in taking a strength-based approach with students in the classroom. The article takes a four step approach that uses powerful questions to frame collective thinking as you work alongside students to build strengths:

1. **Assume that every student absolutely without doubt actually CAN:** *What does success look like for this student?*

2. **Remember that we can only use the tools that we have:** *What does this student need so they can find greater success?*

3. **Become needs detectives:** *What does it look like and feel like when this student starts to believe that they can't?*

4. **Empower, empower, empower:** *Where are you now, and what's your next step?*

Key Understandings:

Success happens when students have a sense of self efficacy and feeling of accomplishment. Mighty Self Moments happen when students experience success. They are powerful motivators in learning and crucial to positive mental health.

When teachers approach learning environments and experiences with a mindset of paving the pathway to Mighty Self Moments, they ask questions of themselves and their students that surface needs and grow skillsets.

For More Information:

Strength-Based Approaches:
https://albertamentors.ca/wp-content/uploads/2013/10/SB_for_Schools_and_Classrooms.pdf

Universal Design For Learning Framework:
http://udlguidelines.cast.org/

Stuart Shanker's 5 Domains of Self-Regulation:
https://self-reg.ca/wp-content/uploads/2017/10/5DOMAIN_printable.pdf?pdf=5-domains

Shelley Moore:
Video: https://www.youtube.com/watch?v=MeRNhz0nGts

Strength Based Student Profile:
https://blogsomemoore.files.wordpress.com/2015/02/strength-based-student-profile.pdf

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Exploring the Article:

After an initial quick read of the article, dig deeper into each Mighty Self Moment Step listed in the table below, by doing the following:

1. Click on highlighted text in that section to learn more about the step.
2. As you read, use the table below to organise your thoughts and contextualise the information.

Step	Guiding Question	Article Says Information from the article and links in that section.	I Say Your initial reactions to what you've read or watched – what resonates with you? What was affirmed for you or what was challenged?	And So… Consider your students: how could the guiding question reframe how you see your students? What would you wonder differently about your strong and your struggling students?
Assume that every student absolutely without doubt actually CAN.	*What does success look like for this student?*			
Remember that we can only use the tools that we have	*What does this student need so they can find greater success?*			
Become needs detectives.	*What does it look like and feel like when this student starts to believe that they can't?*			
Empower, empower, empower!	Ask with students: *Where are you now, and what's your next step?*			

* This thinking strategy is adapted from the *If…Then…So What* routine featured in the ARPDC Thinking Skills website. You can learn more about this strategy at:
https://sites.google.com/erlc.ca/thinkingstrategies/4-deliberate-and-challenge/if-then-so-what?authuser=0

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