

Use this graphic organizer to think ahead about how you can create emotional safety in your classroom. The suggested strategies are general; use your knowledge of yourself, your students and your classroom culture to create a specific and personalized plan.

RESPONDING TO STRONG EMOTIONS

EMOTION	STRATEGIES TO USE IN THE MOMENT	YOUR PLAN
Pain/ Suffering/ Anger	<p>Check in with the students.</p> <p>Model the tone of voice you expect from students.</p> <p>If crying or angry students want to share what they are feeling, allow them to do so. If they are unable to contribute to the class discussion, respectfully acknowledge their emotions and continue with the lesson.</p>	
Blame	<p>Remind students that racism is like smog. We all breathe it in and are harmed by it. They did not create the system, but they can contribute to its end.</p>	
Guilt	<p>Have students specify what they feel responsible for.</p> <p>Make sure that students are realistic in accepting responsibility primarily for their own actions and future efforts, even while considering the broader past actions of their identity groups.</p>	
Shame	<p>Encourage students to share what is humiliating or dishonorable. Ask questions that offer students an opportunity to provide a solution to the action, thought or behavior perpetuating their belief.</p>	
Confusion or denial	<p>When students appear to be operating from a place of misinformation or ignorance about a particular group of people, ask questions anchored in class content or introduce accurate and objective facts for consideration.</p>	