

Classroom Emotional Safety Checklist

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✓ CLASSROOM SETUP

Visual Supports

- ☐ Post a visual daily schedule at students' eye level
- ☐ Use a transition warning system (timer, bell, etc.)
- ☐ Utilize a visible emotion identification tool (wheel, chart, meter)
- ☐ Create a calm-down space with clearly defined boundaries
- ☐ Post class rules and expectations with positive language

Physical Environment

- ☐ Create available quiet space for overwhelmed students
- ☐ Keep sensory tools accessible (stress balls, fidgets, headphones)
- ☐ Use natural lighting when possible or use adjustable artificial lighting
- ☐ Clear pathways for movement/transitions
- ☐ Display student work to build confidence

✓ DAILY ROUTINES

Morning

- Establish a greeting ritual (handshake, high-5, etc.)
- Implement daily emotional check-in system
- Share preview of the day's schedule

Throughout the Day

- Give transition warnings 2-5 minutes before changes
- Incorporate movement breaks
- Provide frequent positive reinforcement
- Allow students to have choices

End of Day

- Reflect with closing circle time
- Preview tomorrow
- Give an individualized positive send-off to each student

✓ TEACHER READINESS

Emotional Regulation

- Identify your own personal calm-down strategies
- Use a self-check routine before addressing any student crisis
- Have a backup support plan when feeling overwhelmed

Knowledge Base

- Review student IEPs/504 plans
- Have school mental health team contacts handy
- Note family communication preferences

EMERGENCY CONTACTS

School Counselor _____ Admin Support _____ Crisis Intervention _____