



# Classroom WISE

Well-Being Information and Strategies for Educators

## Evidence-Based Components of Classroom WISE

Classroom WISE contains many evidence-based components, which are condensed and presented as practical strategies for the classroom, targeted strategies to support students experiencing distress, and practices to develop the resilience and well-being of students. The following are some of the specific evidence-based strategies in Classroom WISE, and resources for more information.

Evidence-based Practice	Description
Creating Safe and Supportive Classrooms	<p>Engagement, safety, and environment are core components of strong classrooms that set the stage for student well-being and learning. In Classroom WISE, educators learn practical strategies to create welcoming and safe settings at school.</p> <p>Learn more: <a href="#">National Center on Safe Supportive Learning Environments</a></p>
Social Emotional Learning	<p>Social emotional learning, or SEL, is an evidence-based framework with five core competencies addressed in Classroom WISE, including Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. Educators learn to define SEL, describe the SEL competencies, and integrate SEL into instruction.</p> <p>Learn more: <a href="#">Collaborative for Academic, Social, and Emotional Learning</a></p>
Positive Behavioral Interventions and Supports	<p>Educators learn to implement strategies aligned with the Positive Behavioral Interventions and Supports (PBIS) Framework. Strategies in Classroom WISE include using positive language, providing specific praise, providing rewards and incentives, and making expectations clear.</p> <p>Learn more: <a href="#">Center on Positive Behavioral Interventions and Supports</a></p>
Restorative Practices	<p>Restorative practices are strategies that aim to respond to harm through relationship building and social responsibility. As part of Classroom WISE, educators learn how to use restorative practices to promote the well-being of students.</p> <p>Learn more: <a href="#">International Institute for Restorative Practices</a></p>
Trauma-Informed Practices	<p>Trauma-informed practices support students who have experienced trauma, and include building trust, ensuring safety, and following routines. Classroom WISE offers strategies to support students who have experienced trauma.</p> <p>Learn more: <a href="#">The National Child Traumatic Stress Network, The National Center for Safe Supportive Schools</a></p>

Evidence-based Practice	Description
Complete Mental Health and Well-being Promotion	<p>Complete mental health includes positive components of well-being in addition to mental health challenges. Components of well-being include Engaged Living, Emotional Competence, Belief in Others, and Belief in Self. As part of Classroom WISE, educators learn about these components and how to promote these to engender resilience among students.</p> <p>Learn more: <a href="#">Centers for Disease Control and Prevention, Project CoVitality</a></p>
Mental Health Literacy	<p>When educators and community members know the signs and symptoms of mental health disorders, they can help reduce mental health stigma and intervene when students are in need. In Classroom WISE, educators learn to notice signs of distress, offer support to students, help reduce mental health stigma, and make referrals.</p> <p>Learn more: <a href="#">Mental Health Literacy</a></p>
Emotional Support Strategies	<p>When students experience distress, research has revealed that effective strategies, such as self-regulation, co-regulation, cognitive coping, and daily mood monitoring, can reduce symptoms and distress. Classroom WISE teaches educators to implement these emotional support strategies.</p> <p>Learn more: <a href="#">10 Tips for Teaching Emotional Regulation</a></p>
Executive Functioning Support Strategies	<p>To support student skills in attention and meeting classroom expectations, as part of Classroom WISE, educators learn to use visual aids, chunking, cues, timers, movement breaks, and self-monitoring.</p> <p>Learn more: <a href="#">Brain Futures: Brain Fitness and Executive Function</a></p>
Social Skills Strategies	<p>In Classroom WISE, educators learn to support students with social challenges by modeling appropriate interactions, teaching social skills, providing opportunities for structured practice, and peer partnering.</p> <p>Learn more: <a href="#">Social Thinking</a></p>
Behavior Regulation Strategies	<p>Students struggling with behavior regulation often need additional support from teachers. Supportive strategies addressed in Classroom WISE include recognizing environmental triggers, remaining calm and compassionate, collaborative problem-solving, and de-escalation strategies.</p> <p>Learn more: <a href="#">Center on Positive Behavioral Interventions and Supports</a></p>
Substance Use Strategies	<p>Within Classroom WISE, educators learn to teach and support student skills around goal setting, assertiveness and refusal skills, and healthy relationship building.</p> <p>Learn more: <a href="#">Addiction Technology Transfer Center Network</a> and <a href="#">Prevention Technology Transfer Center Network</a></p>

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