

xSELERated

Kindness Before the Crisis Bonus Resource

At a staff meeting, invite the group to consider this question:

What are some small ways we can make care more routine in our school before anyone reaches a crisis?

In pairs or small groups, generate 3–5 simple practices that could strengthen everyday staff culture. Focus on things that are realistic and repeatable, such as sharing workload more intentionally, recognizing contributions, making room for different voices, checking assumptions, or making it easier to ask for help.

As a whole group, compare ideas and look for common themes. Then choose one practice to try over the next month.

Then at a future staff meeting, take a few minutes to revisit it:

Did this practice make care more visible or accessible in our school? What should we keep, adjust, or try next?