

# Teaching the Whole Student Checklist

In Episode 11 of the Year One podcast, Miss Jenna MacNulty and other educators reflect on the impact of students' home lives on the hours they spend in class. Understanding the whole child's experience can help educators better meet the needs of the students in front of them—including integrating practices from [trauma-informed instruction](#).

ASCD's [Whole Child Framework™](#) redefines successful learning and promotes health, safety, engagement, support, and challenge. Use this checklist of practical strategies based on that framework to boost your teaching of the whole student and help them realize their full potential.

## To promote...

## Try to...

### Health

- Start the day with a movement activity like stretching or dancing.
- Incorporate brain breaks into lessons to offer opportunities to refocus and re-energize.
- Display visuals that promote healthy habits, like handwashing or nutritional information.
- Provide opportunities for students to drink water throughout the day.

### Safety

- Begin each day with a morning meeting to connect with students and build relationships.
- Use positive language and nonverbal cues to communicate respect and care to students.
- Actively listen to students' concerns and perspectives and validate their feelings.
- Discuss conflict resolution skills and model them through role-playing.
- Model respect for diversity and inclusivity in your interactions with students and in the curriculum.

### Engagement

- Connect lesson content to students' personal experiences and interests.
- Employ a variety of teaching methods to reach students with different learning styles.
- Incorporate games and interactive activities into lessons to increase engagement.
- Display student work and celebrate their achievements.

### Support

- Greet students individually at the door each morning.
- Use students' names and make eye contact when interacting with them.
- Provide specific and constructive feedback on student work.
- Identify avenues for extra help and support.
- Communicate regularly with families about student progress and any concerns.

### Challenge

- Offer differentiated assignments so students can challenge themselves.
- Connect learning to real-world applications.
- Encourage students to set goals and track their progress.
- Showcase student learning through presentations, projects, and performances.
- Help students identify and develop their strengths and talents.

Interested in other activities to nurture the whole child?  
Check out our [quick and easy SEL activities](#) for students of any age!