

Take

TAKE 5 at School

- TAKE 5 before exams, quizzes, or assessments.
- TAKE 5 before dealing with a discipline issue and after.
- Use TAKE 5 as a transition activity after lunch, recess or class changes.
- Create a TAKE 5 attitude at staff meetings.
- List 5 things about your classroom you are grateful for.
- Post TAKE 5 posters/art through-out the schools.
- Acknowledge students who cope with stress/anxiety appropriate.
- Create a TAKE 5 wall for students/staff to use for quick ideas.
- TAKE 5 deep breathes before jumping into teaching.
- To create success, TAKE 5 concept valued by administration.
- Welcome at least 5 students to school.
- Share TAKE 5 ideas to decrease bullying.
- Make 5 guidelines to promote mental fitness in your classroom
- Have students make 5 educational/academic goals for each week.
- Have a TAKE 5 moment every Wednesday (WELLNESS WEDNESDAY).
- Create TAKE 5 events for families: open gym, workshops for parents and student on TAKE 5 concepts that increase school success.
- Have students list 5 ways they can appropriately deal with stress at school. .
- Encourage student to let go of 5 worries for the school day so they can focus.
- Staff share TAKE 5 ideas with one another.
- Create a TAKE 5 environment by modeling TAKE 5 responses to stress.
- Send 5 co-workers thank you notes/emails for making a difference in your school.
- TAKE 5 extra minutes/seconds to acknowledge students or co-worker who need a little encouragement.
- Bring 5 solutions to the table rather than focusing on the negative.
- Provide opportunity for students to be “trainers” for their peers and families on what TAKE 5 can be and how it is a life-long skill.
- TAKE 5 seconds to transition from the school day to home.
- TAKE 5 minutes at the end of the day to prep your desk for the next morning.

How can TAKE 5 be a part of your school day?