



IRC Healing Classrooms Initiative
Student Well-being

8 Things Teachers Can Do to Create a Healing Classroom

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1. Show respect and empathy for each child and encourage all the children to do the same.
2. Teach tolerance by being tolerant. Accept the children with all of their strengths and weaknesses. Never condemn, reject, or laugh at them.
3. Give children a sense of self-worth by providing encouragement, recognition, and praise.
4. Ensure that boys and girls are comfortable in the classroom and the school environment, for example, with classroom seating arrangements. Ensure safe and easy access to toilets or latrines (with attention to access for children of different ages and children with disabilities).
5. Develop learning activities (in reading, math, social studies, etc.) that actively engage the students. Encourage peer interaction, problem-solving, cooperation, empathy, and leadership skills with group work.
6. Create interesting classrooms with flexible space (e.g., hang teaching and learning aids and students' work on the walls, store teaching and learning materials in open boxes for easy access).
7. Make the classrooms as comfortable as possible with the resources available. Consider providing safe and supervised spaces within the classroom or the school where students can go if they are feeling overwhelmed, allowing those students to take a break from formal learning activities.
8. Create a "break room" or separate space for teachers to use for their own planning and meetings.