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| Smile at me | Tell me that you are glad to see me | Teach me how to do something new |
| Ask me what I like to do in my free time | Ask my opinion | Celebrate with me when I do something well |
| Say hello and use my name | Notice when I do something kind and let me know | Be interested in the things I’m passionate about |
| Comment on something that I did well | Tell me to have a good day, evening or weekend | Give me an encouraging note when you hand back my paper |
| Ask me about someone I admire | Let me know that you want me to succeed and believe in me | Listen to understand  |
| Show me what a good mood looks like | Have a plan for what we will study in class | Be aware or interested in how I may be feeling |
| Talk to me about something you do outside of school | Let me know that my voice matters | Tell me a joke |
| Ask me questions that help you to better understand my concerns | Invite me to join in a group or discussion | Listen to me with interest, concern, and compassion |
| Assume that my behavior is a result of my needs that aren’t being met | Show enthusiasm for what we are learning | Tell me it was great to have me in class today |
| Assume that I want to belong but may not know how | Ask me about my hopes and dreams | Help me if I am struggling with my homework |
| Intervene if someone is doing something harmful to someone else | Help me feel safe to be me  | With the right supports, know that I can achieve at high levels |