

Berry Street Education Model- Strategy board

Body

The impact of adversity on learning

- Understanding stress behaviours and unmet needs

Consistent, predictable routines

- BSEM lesson structure
- Circle
- Brain Breaks, Positive Primers, and transition routines
- Shared language for learning

Body awareness

- Understanding the stress response
- Identifying emotions and feelings
- Ready to Learn Scales

Regulation & de-escalation

- Regulating movement
- Mindfulness practices
- Present and centred
- Ready to Learn Plans

Relationship

Attachment

- Attunement and co-regulation
- Unconditional positive regard
- Rupture and repair

Relational feedback

- Process praise and positive narration
- Fix-it feedback
- Active constructive responding

Wellbeing

- Self-care
- Collective wellbeing
- Empowering student agency

Cycle of adverse behaviour

- Pause and one-liners
- Catching the micro-moment

Stamina & Engagement

Positive climates for learning

- High expectations teaching
- Academic goal setting
- Stamina tools

Positive priming

- Motivation and willingness
- Play, humour, and fun
- Flow

Emotional intelligence

- Perceiving emotion
- Understanding emotion
- Regulating emotion
- Savouring

Resilience

- Mindsets
- Self-talk

Character

Values

- Personal values
- School values

Strengths-based approaches

- Character strengths
- Teaching with strengths
- Hope
- Gratitude

BSEM teaching sequence

- Explicit instruction
- Review and reinforce
- Reflect and repair

Collective strengths

- Culturally responsive practices
- Disability and inclusion
- Collaborative approaches to implementing BSEM

