

BEFORE YOU TEACH

Start With the Adult

Every RoseThread Connect activity starts with the adult. **The SSCC Practice™** (Steady, Scan, Connect, Close) is a simple daily practice for regulating ourselves first, so we can respond instead of react. It is a Tier 1 practice for every adult, every day: for classroom management, student engagement, and the relationships that make both work.

Steady

1

SELF-AWARENESS AND SELF-MANAGEMENT

Notice what you're feeling and calm yourself before you respond.

Try: One slow breath. "I'm frustrated, and I can choose my next words."

Scan

2

SOCIAL AWARENESS

Read the room and the student. What is happening, and what might they need?

Try: Look before you speak. What happened just before this?

Connect

3

RELATIONSHIP SKILLS

Respond with care and keep the relationship intact.

Try: A calm voice, their name, and "I'm here to help you get back on track."

Close

4

RESPONSIBLE DECISION MAKING

Decide on next steps, follow through, and take responsibility as the adult.

Try: Say, "Here's what happens next." Follow up later, privately.

Reflect at the end of the day: Which step came easily today?
Which step will I practice tomorrow?

Each step models an SEL skill for students, informed by CASEL's SEL Framework. The practice draws on research on teacher and student emotions and teacher SEL. References at rosethreadlearning.com/connect/learn/adult