

TTOC SURVIVAL



TOOL KIT

Survival kit



Whiteboard markers
Box of pencils
Vinyl stickers
Dot to dot to 1000 - for early finishers
Mini speaker



Sticky notes
Tube of dice
Soft ball
Box of thin lined sharpie pens
Binder with open ended lessons for all grades



Relationship games

PRIMARY



Door Greeting

Stand at the classroom door to greet each student and family member

Use welcoming phrases:

"Good morning! I'm so glad you're here today!"

Make eye contact, use student names when possible, and thank families

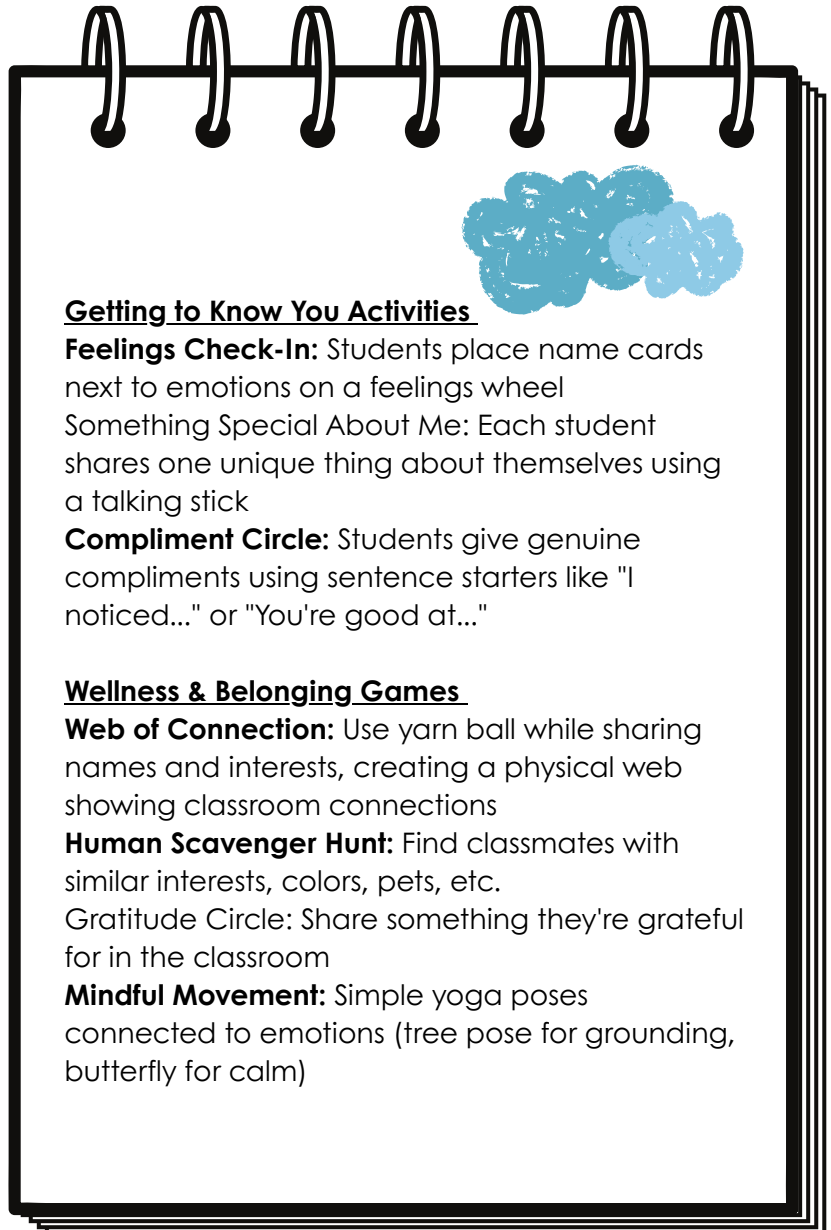
Soft Start Activity Stations

Playdough Creation: Students create something that makes them happy with playdough and tools

Story Workshop: Students create stories using loose parts

Peaceful Drawing: Students draw their favorite place to feel calm and happy

Mindful Puzzles: 25-50 piece puzzles encouraging collaboration



Getting to Know You Activities

Feelings Check-In: Students place name cards next to emotions on a feelings wheel

Something Special About Me: Each student shares one unique thing about themselves using a talking stick

Compliment Circle: Students give genuine compliments using sentence starters like "I noticed..." or "You're good at..."

Wellness & Belonging Games

Web of Connection: Use yarn ball while sharing names and interests, creating a physical web showing classroom connections

Human Scavenger Hunt: Find classmates with similar interests, colors, pets, etc.

Gratitude Circle: Share something they're grateful for in the classroom

Mindful Movement: Simple yoga poses connected to emotions (tree pose for grounding, butterfly for calm)

INTERMEDIATE/HIGH SCHOOL

Toss and Chat Game:

What You Will Need: An inflated beach ball and a permanent marker

Set-Up: Write silly random topics on each colored portion of the beach ball, for **example:**

Have you ever waved at someone thinking you know them, only to realize they are the wrong person?

If animals could talk, which would be the most sarcastic?

Do you eat or drink soup?

What is an embarrassing song that you secretly enjoy?

Do you think penguins have knees?

How to Play: Have the group stand in a circle and begin by tossing the ball to each other. Whoever catches the ball must answer the question that their right index finger ends up touching. Continue until everyone has had a chance.

Would You Rather...?: A great way to start the day with a focused prompt and picture.... Bonus you begin to learn about your students. You tube or Example [PDF here](#)



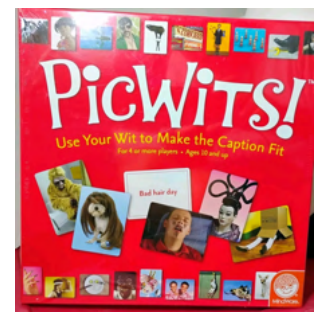
Guess That Movie:

What You Will Need: Nothing!

Set-Up: Dive a larger group into small teams of 4-6 people.

How to Play: This game is played similarly to charades. Have each team secretly decide on a movie scene they want to re-enact. They will only have 3 minutes to present their scene to the whole group to see who can correctly guess the movie. The team who correctly guesses the most movies wins.

PicWits! Pick one prompt card like "First day at a new job" or "High school life" and have participants pick an image that best matches. This sets a light tone and allows for quick sharing of humour or perspectives. A game where players try to match picture cards with caption cards to create the funniest or most fitting combination.



Taboo: Many useful examples online. You could set this up in teams. Each team sends one person to sit with their back to the board (So they can't see the board). Here is an example of a slide you could post. Students are trying to help their teammate guess the word, however, they are not able to use the words under it.

JEALOUSY	CHICKEN LEG
ENVY	BIRD
EMOTION	BODY
COMPARE	EAT
GREEN	FOOD
ACHIEVE	KFC
BENCH	EXERCISE
SIT	RUN
WOODEN	SPORTS
CHAIR	HEALTHY
LONG	DAILY
PARK	MORNING

2 truths and 1 lie: Students share three "facts" about themselves – two true and one false. Others guess which statement is the lie, fostering communication and learning about each other.

Silent Ball: A fun game where students pass a soft ball around the room silently, promoting focus and non-verbal communication.

Closing activities

Closing Circle

Feelings check-out: Compare morning and afternoon emotions
Highlight of the day: One thing that made you smile

Gratitude moment: Thank someone in the class

Tomorrow preview: One thing you're looking forward to

Dismissal

Personal farewell with eye contact for each student

Positive send-off: "Have a wonderful afternoon! You made today special!"

Share one positive thing about their child's day with families

High-Five / Compliment or Appreciation Circle

Students walk around giving affirmations or high-fives—boosts morale and connection .

Snowstorm / Snowball Toss

Write a key takeaway, crumple it, toss them, then read a peer's insight aloud

Exit Tickets / Exit Cards

Students jot down a quick reflection, rating, question, or "rose/thorn/bud" (something positive, a challenge, and something they look forward to) before class ends—fast, insightful, and easy to review

3-2-1 Wrap-Up

Write 3 things learned, 2 fun facts, and 1 remaining question—then share with a partner or submit

Maitre d' Small Groups

Call out group sizes (e.g., "Table for 3"), students form groups and respond to a prompt (e.g., favorite moment) .

Gratitude Sharing

"Say one thing you're thankful for today"—builds community and positivity

Tips, tricks & links

Read-Aloud Sessions

Literacy shed.

<https://www.literacyshed.com/>

Creative writing task – use a picture as a prompt from the literacy shed webpage – go over what makes writing good – allow them to freely write taking inspiration from the picture.
Choose a short 8min clip from literacy shed and do oral **literacy circles**.



Social-Emotional Learning Books

Primary Choice: "The Colour Monster" by Anna Llenas

Before: "Have you ever felt mixed up about your feelings?"

During: "What feeling do you think this color represents?"

After: "Which feeling color do you connect with today?"

Other SEL Suggestions: "In My Heart" by Jo Witek, "The Way I Feel" by Janan Cain, "When Sophie Gets Angry" by Molly Bang, "The Invisible String" by Patrice Karst

Wordless Picture Books

Book Suggestions: "Flotsam" by David Wiesner, "Journey" by Aaron Becker, "The Red Book" by Barbara Lehman, "A Ball for Daisy" by Chris Raschka

Prompting Questions:

Before: "What do you notice? What might this story be about?"

During: "What is the character feeling? What might happen next? What do you notice that tells us about the story?"

After: "What was your favorite part? How did the character feel at the end? Have you ever felt like this character?"

Literacy Circle Questions:

Character Focus: • What did you learn about (character's name) throughout the story? How did they change or grow? • If you could ask (character's name) one question, what would it be? • Which character did you relate to most, and why? • How would you describe (character's name) to someone who hasn't read the book?

Theme and Ideas: • What was the most important lesson or idea the book taught you? • How did the author use (specific literary device) to emphasize the theme of (theme)? • What other books or stories do you think this book reminds you of, and why? • What questions did this book make you wonder about?

Personal Connection: • How did this book make you feel? Did it evoke any strong emotions? • Did this book change your mind about anything or make you think differently about a topic? • What part of the book stood out to you most, and why? • If you could change one thing about this book, what would it be? • If you could create a playlist of songs that go with the book, what songs would you include and why?

Plot and Structure: • What was your favourite part of the book? • What do you think of the book's title? How does it relate to the story? • If you were making a movie of this book, who would you cast as the main characters? • What was the most challenging part of the book for you to understand? How did you overcome it

Take 5

5 simple sentences and up level them. (add adjectives, add adverbs, add adverbial phrases (where and when). Change the mood etc.

The dog barked.
He sniffed the air.

Excitedly, the fluffy, white dog barked in the street.
He sniffed the rancid air that drifted past his wet, cold nose.



Book: Pie Corbett: Jump start Grammar – lots of quick games no or low prep. Good to start lessons.

NY Times Wordle of the day

<https://www.nytimes.com/games/wordle/index.html>



Math

Problem solving question back up work.
e.g. The wolf, goat, and cabbage river crossing puzzle is a classic logic problem. The farmer needs to transport a wolf, a goat, and a cabbage across a river using a boat that can only hold one item in addition to the farmer. The challenge is that the wolf will eat the goat if left unattended, and the goat will eat the cabbage if left unattended. The solution involves strategically transporting the items across the river to avoid any unwanted meals.

Quick worksheets:

<https://www.k5learning.com/free-math-worksheets>

Estimation Visuals

http://www.mathematicshed.com/estimation-shed.html#google_vignette

Number Talks:

<https://kristenacosta.com/number-talk-images/>

Socials

Indigenous stories. Tableau part of the story/Drama activities.

Lower intermediate: Raven Tales videos- create comprehension questions to go with it.

Westcoast Reader- <https://thewestcoastreader.com/articles/>

Inspiremykids Inspiring stories to share with your class and prompts with each story

Wonderopolis: Share a wonder a day

Understanding Cultures of the world- Shared by Greater Victoria School District



Science

In a nutshell – suitable for grades 6+ view before showing:

https://www.youtube.com/results?search_query=in+a+nutshell+kurzgesagt

Wild Kratts – for lower intermediate:

https://www.youtube.com/results?search_query=wild+kratts



Mystery Doug – lower intermediate

YouTube: <https://www.youtube.com/watch?v=AKjxYkRlBks&list=PLp6VmkT6l2-rXlZR4XWDWaSU04sJdVZGv>

Gym

California kick ball is a popular choice for intermediates – low energy / few chances of injury



The PE Shed - PE Games

Find Physical Education Warm Up Games, Tag Games, Thinking Games and Coordination Games for children in Foundation through to Grade 10.

[thepeshed](#)



PhysEdGames

Providing simple and awesome school game ideas for Phys Ed teachers for over 10 years. Hundreds of activities with frequent new posts of easy-to-follow...

[YouTube](#)



Transition & brain break ideas between activities

Mindful walking: "Walk like you're balancing a book on your head"
Counting breaths together while moving

Stretch and breathe with simple movements

Gratitude moments about the previous activity

Behaviour Management Strategies

Positive Approaches

Catch students being kind with specific praise: "I noticed how gently you helped your friend"

Use positive language: "Please use walking feet" instead of "Don't run"

Create a kindness chart with stickers for caring behaviors

Calm-Down Techniques

Breathing exercises: "Take three deep breaths with me"

Quiet corner with soft materials for emotional regulation

Feeling thermometer to help students identify emotional intensity

Lower your voice when students get loud

Clear Expectations

Use consistent hand signals for quiet, attention, and transitions

Post visual schedule so students know what to expect

Validate feelings: "I can see you're frustrated. Let's figure this out together."

Offer choices: "Would you like to take a break or try a different activity?"

Building Connections Fast

- Learn names quickly using name tags
- Ask about students' interests, families, pets
- Share appropriate things about yourself
- Follow posted routines and ask students "How do you usually do this?"

Emergency Support

- Validate feelings and offer comfort items if students become upset
- Use regular teacher's calm-down procedures if posted
- Contact office for additional emotional support if needed
- Remember: Building relationships is more important than perfect lesson execution

Resources for Compassionate Learning Communities



Trauma-Informed Practice (TIP) – Resources - Province of British Columbia

