5 Ways to Build Student Resilience with a 360° Digital Escape Room

1 Say What You See

Our identities are strengthened by the feedback we receive from others. So, go ahead, tell them the great things you see and hear.

- Watching you use the PEMDAS method makes me know you are going to arrive at the answer soon.
- I see your extraordinary determination!
- I hear you asking if you are on the right track. That tells me you are determined.
- I see you using the strategies we talked about this morning so that tells me you are on the right track.
- I see you displaying a lot of care and effort in your work.

2 Promote Healthy Risk-Taking

- I see you didn't get the answer correct the first time. Is it possible to try again?
- What can you say to that part of you that is disappointed you didn't get the answer right the first (second or third) time you tried?
- How would you encourage a friend you knew was smart enough to try again?
- How many times can you try?
- Pay attention to that feeling you have right now. It's telling you something important.
- If you don't like the feeling of uncertainty, figure out what you need to do next, and do it.
- In this class, you earn points for trying (not just for getting the right answer). How many points did you just earn?
- How much credit are you willing to give yourself just for trying?

3 Build Memories of Resilience

Build student's memory of their own resilience. Ask them to remember a previous time when – at first – they didn't know the answer. Ask them to ponder:

- What did you try?
- How many times did you try?
- Who did you turn to for help?
- What resources did you use?
- What made it easier for you?
- How did you ultimately solve it?

4 Build Strong Relationships

- Paraphrase their question or concern with some heart-centered warmth.
- Offer some gentle encouragement by communicating your belief in their abilities.
- Reflect their strength back to them by restating what they already know.

5 Try a 360° Digital Escape Room *

📚 Reading Escapes

Halloween Character Traits

Author's Purpose Thanksgiving

Author's Purpose Christmas

Author's Purpose New Year

➗ Math Escapes

Haunted House Place Value

Thanksgiving Long Division

Christmas Long Division

Valentine's Day Fractions

St Patrick's Day Fractions

Multisyllabic Escapes

Dis + count + ed

Haunted House Multisyllabic

Haunted House Prefix/Suffix

Winter Multisyllabic

New Year Prefix/Suffix