

Closegap Intervention Ideas

This is a compilation of intervention ideas that schools utilizing Closegap have implemented. This is a living document that will be updated as we learn of more school interventions.

| Check-in results | Intervention | Intervention level |
|---|--|---|
| Students that want to talk consistently. | Provide student with a positive adult each morning before check-in who gives the student ample opportunity to share anything happening in their lives. | Student-level |
| If students are checking in as "Tired", "Low Energy", "Didn't Sleep Well" consistently. | Provide feedback to parents/guardians/caregivers regarding low energy and investigate concerns regarding sleeping patterns | Student-level |
| | Partner with students to conduct a "Sleep Competition" (school-wide or with an individual student) to measure the students' sleep. Get school staff involved too! | School-wide Grade-level Classroom-level |
| | Create a morning yoga group with energizing stretches or a walking club to get the blood pumping in the morning (with tickets for students to punch with each lap they walk and a "top ten" list for most laps walked each week) | School-wide Grade-level Classroom-level |
| | Recommend using the Power Pose Intervention at the end of their check-ins. | Student-level |

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| "Stressed" for teens consistently | Create small groups of students (including students who typically have stronger wellness check-ins) to share their stressors with others, and allow for students to collaborate on healthy coping strategies they use. | Grade-level Classroom-level |
| | Create small groups of students who are struggling with similar stressors (ex: workload stress) to learn about healthy coping strategies together and support each other. | Grade-level Classroom-level |
| | If the issue is widespread in the school, set aside times throughout the day for students to journal about things that are on their mind that cause stress or to practice mindfulness techniques (see Calm's 30 Days of Mindfulness in the Classroom). | School-wide Grade-level Classroom-level |
| | Recommend choosing the "Shake it Out" or "Breathing" interventions at the end of their check-ins | Student-level |

Do you have your own implementation ideas for Closegap? Or things you do at your school?

Please share with us by emailing info@closegap.org!