

WORD Workouts are highly adaptable to different learning styles and abilities. Below you'll find suggested strategies for differentiation, so you can ensure each of your students is supported.

### **Challenges with focus and attention**

- Write step-by-step instructions on the board for students to refer to.
- Repeat the word from the exercise often to support students in intentionally directing their focus.

### **Anxious and/or shy**

- Regularly remind students that you value their participation in the program.
- Invite students to take initiative by requesting exercises according to the emotions they are currently experiencing.
- Highlight small efforts that demonstrate a student stepping outside of their comfort zone.
- Provide opportunities for students to organically connect with their classmates through the Classroom Connection reflection prompts.
- Students may experience anxiety or discomfort with performing physical activities and/or discussions. Include opportunities for students to engage in alternative activities, such as drawing, writing, or other independent reflection activities.
- Do a quick check-in after each lesson to see how students feel.

### **Oppositional defiance/struggles with authority**

- Collaborate and create learning and community norms at the beginning of the program. This will ensure respect for each student's voice, and fairness while setting boundaries that everyone can agree upon.
- Provide opportunities for students to share their feedback with you.
- Utilize Community Connection reflection prompts to inspire students to become change leaders within their communities.

## English language learners

- Create WORD walls using the words and definitions from WORD Workouts to refer to throughout the school day.
- Consistently use the words from the WORD Workouts program throughout teaching and in conversations with students.
- Create vocabulary flashcards with the words and definitions from WORD Workouts.
- When utilizing Family Connection reflection prompts, provide instructions for family members in their first language.

## Students with disabilities

- Students who have learning disabilities can fully participate in the WORD Workouts program. Teachers are encouraged to adapt the program materials as they see fit to meet particular student needs.
- Students who have physical disabilities will likely know the capabilities and limitations of their body well. This level of physical awareness is the goal of the WORD Workouts, so applaud that knowledge. It will build students' confidence to recognize that even though they may not be participating in all the WORD Workouts that their peers are, they can still be physically connected.
- If a student is unable to do the exercise we suggest for a certain word, allow the student to come up with their own physical manifestation of that emotion.
- Music can be a great tool to help students with disabilities experience the release felt in a WORD Workout. Choose songs (or let the students choose songs) that allow them to experience the emotions in the WORD Workouts.