

# Supportive Practices: Deep Learning, Well-being and Equity

## WELL-BEING

- Co-establish norms of psychological safety, collaboration and community
- Lend your calm
- Relationships are key
- Connect before correct
- Foster joy, gratitude, humour
- Acknowledge that “Emotion is the gatekeeper of Cognition”
- Give them a sense of purpose
- Inspire their agency

## EQUITY

- Co-create norms for inclusion, voice
- Speak up and facilitate conversations that challenge inequity; silence is not an option
- Maintain high expectations and encourage efficacy for all
- Challenge systemic and personal bias and work to address it
- Notice where curriculum excludes groups and co-construct it to represent everyone
- Encourage diverse partners to share influence
- Make explicit, relevant connections to the real world

