T.A.G.

Building a Strong Supportive Classroom Community

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What is T.A.G?

 A mindset and approach to create a positive, collaborative classroom

Focus on teamwork, respect, and shared goals

Why build a classroom community?

- Students feel safe, valued, and supported
- Builds trust and reduces conflict
- Encourages active participation and risk-taking

L-C-R Fitness

LEFT

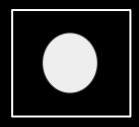


RIGHT



5 ski jumps then give 1 stick to the group to your left

5 mountain climbers then give 1 stick to the group to your right







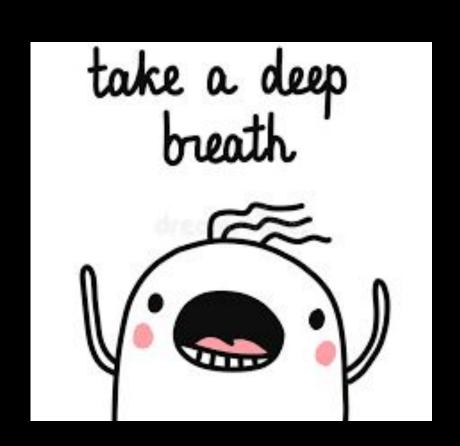


Jog 1 lap then grab a stick for your group

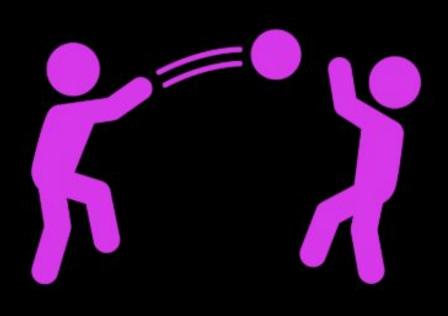
5 lunges then give 1 stick to any group

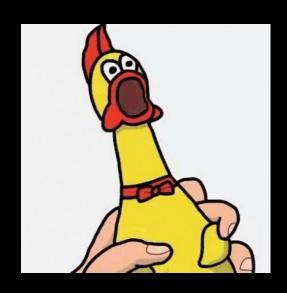
Calm Down Toolbox

- 5 Finger Breathing
- Rainbow breathing
- Hot chocolate
 Breathing
- Box Breathing
- Dragon Breathing



Chicken Pot Pie

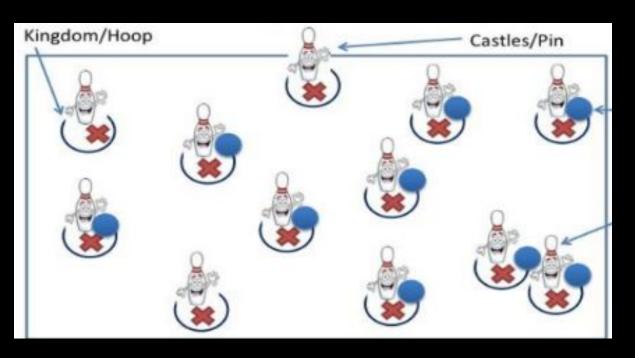




Sequence



King Pin



Source: PE Shed

Celebrate All Wins

- Recognize progress, not just perfection
- Use class shout-outs, journals, or appreciation circles
- Build a culture of encouragement and motivation



