

Resiliency Team Greeters

Do you enjoy making someone's day by helping them to smile?



Do you get pleasure from talking to children about what is happening in their lives'?



Do you find it rewarding to listen to someone who just needs to know someone cares?

Many children are coming to school sad and anxious; for example in Utah in a class of 30 students on average 8 are suffering from depression and feel hopeless. Just under half of the children in the United States are suffering the effects of some form of trauma. Trauma is an exceptional experience in which powerful and dangerous events overwhelm a person's capacity to cope.



Trauma, or Adverse Childhood Experiences (ACEs), and the toxic stress that results can affect the pace and extent of brain development, the quality of our relationships, and our ability to manage ourselves. Research has shown that ACEs have a powerful negative effect on students' readiness to learn- attendance, behavior, coursework, and overall health.



GOOD NEWS! The effects of trauma can be reversed through stable and supporting relationships with caring adults. This is where our **Resiliency Team Greeters** can make a difference by talking with, and listening to students who need a caring adult in their lives.

As a greeter, you have the opportunity to help shape a school climate simply by giving students a warm, caring, personal greeting each morning such as, *"I am glad to see you again. I hope the rest of your day is amazing."* Your influence to make students safe, happy, and cared for, is unlimited!

History will judge us by the difference we make in the everyday lives of children.
Nelson Mandela