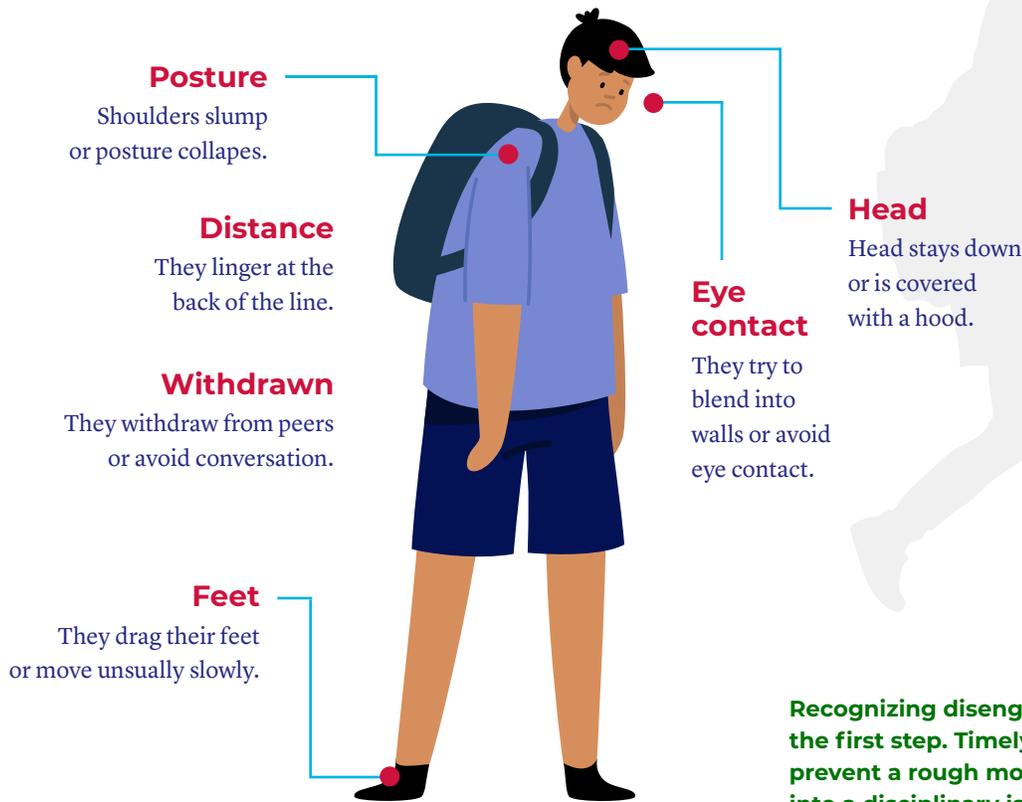


The subtle signs a student is struggling—and how to respond

Struggling students rarely announce it. But their body language often does. This checklist helps educators recognize early warning signs and take small, proactive steps that can change the course of a school day.



Recognizing disengagement is only the first step. Timely interventions can prevent a rough morning from turning into a disciplinary issue.

Quick check-in questions for educators:

- Are they **hungry**?
- Are they **tired**?
- Did something happen **on the bus**?
- Is there **stress at home**?
- Are they anxious about **schoolwork or a test**?
- Do they have **clean clothes** and **basic necessities**?
- Have they had a recent **conflict with a peer**?

What to do when you spot the signs:

- Start with a **private, low-key check in**.
- Address immediate **physical needs**.
- Offer a soft start or **calming activity**.
- Loop in **other staff**, if needed.
- Notice and name **small improvements**.
- Track **patterns** over time.
- Build a **preventive culture**.