

60-SECOND OVERVIEW

Provide a clear arc for processing difficult material before, during, and after discussion.

TIMING

30 minutes in class plus an optional take-home reflection

STEPS

Prepare: invite students to note feelings, questions, and support needs before class.

During: use timed pauses where students write, breathe, or ground before speaking.

After: close with an exit ticket that asks for one insight and one resource request.

Follow through: send a summary and available campus supports within 24 hours.

FACILITATOR REMINDERS

Name that care looks like pace, silence, and the option to step back.