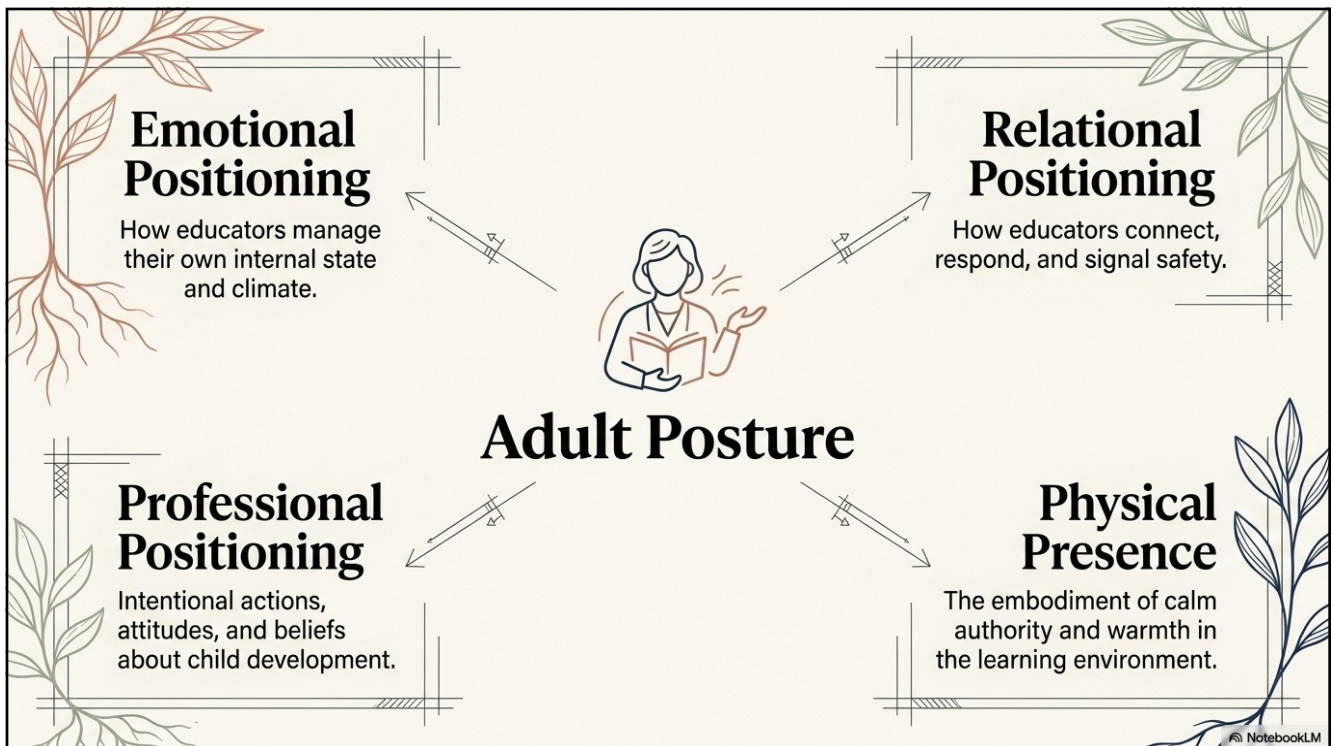
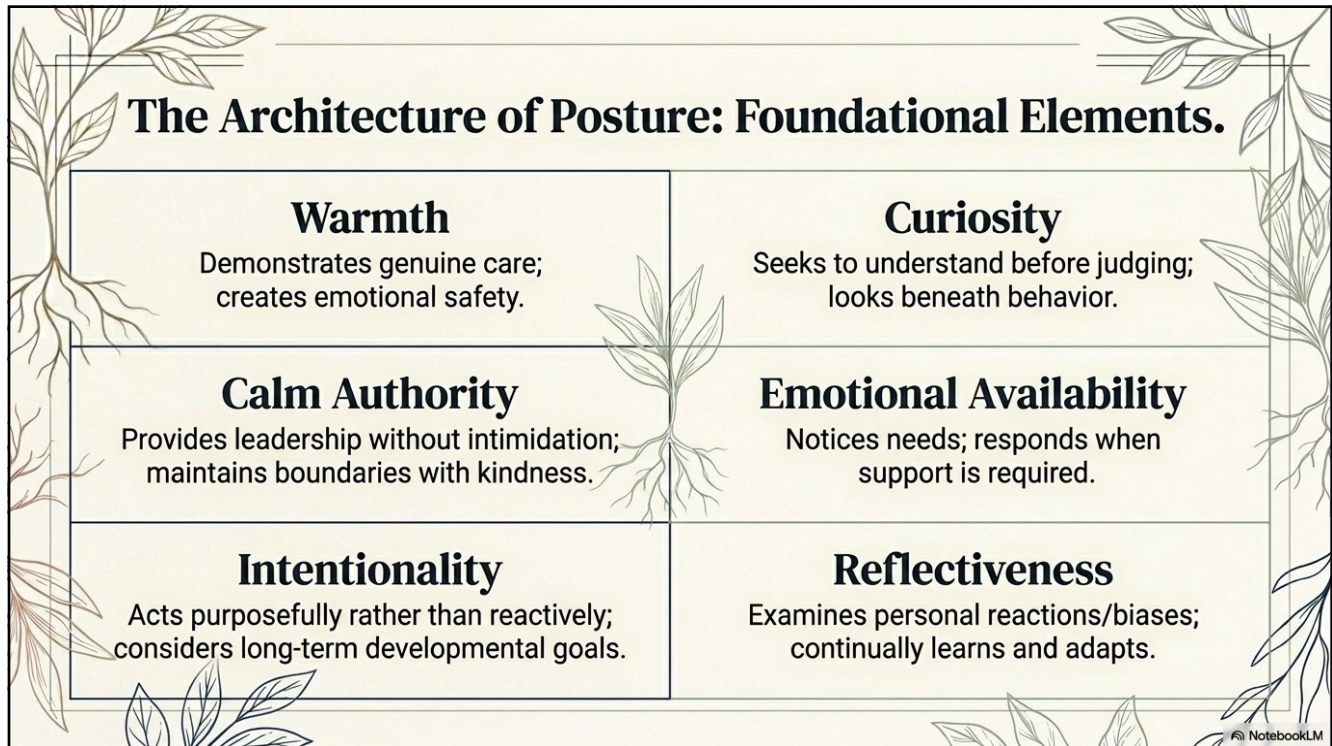




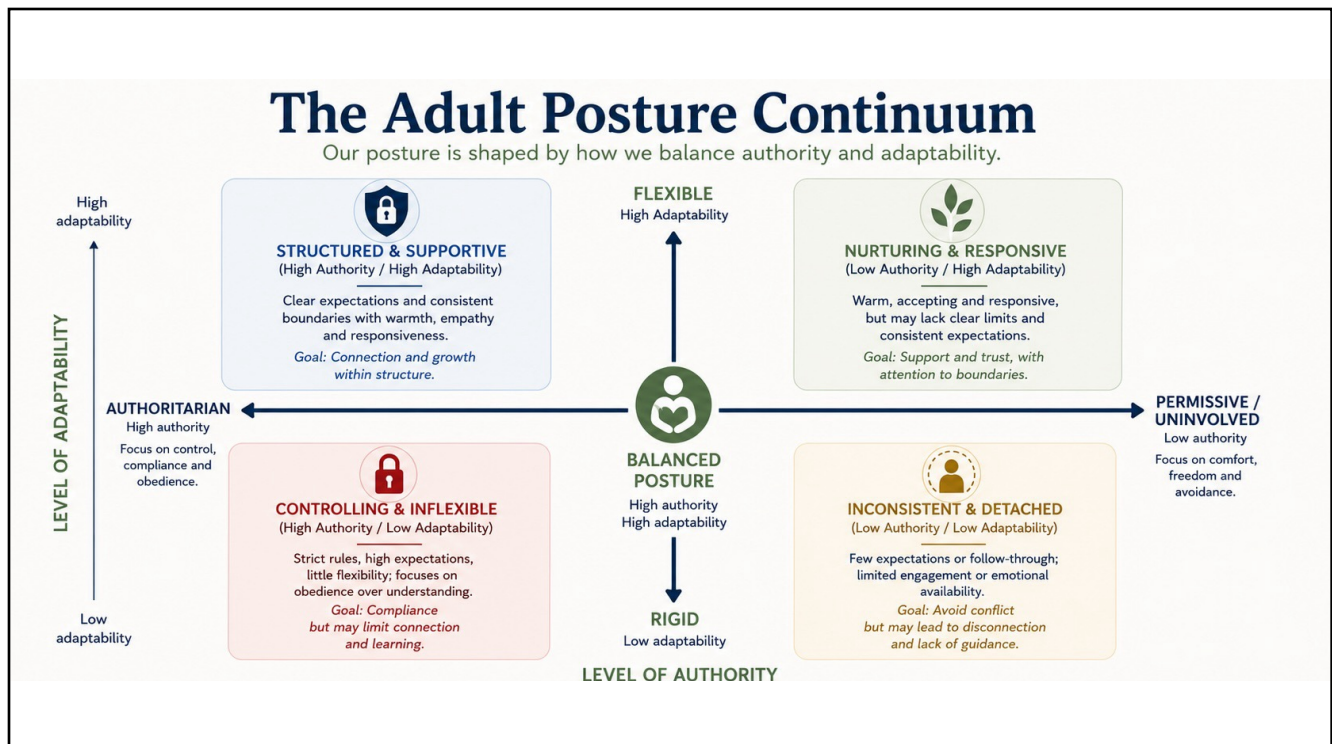
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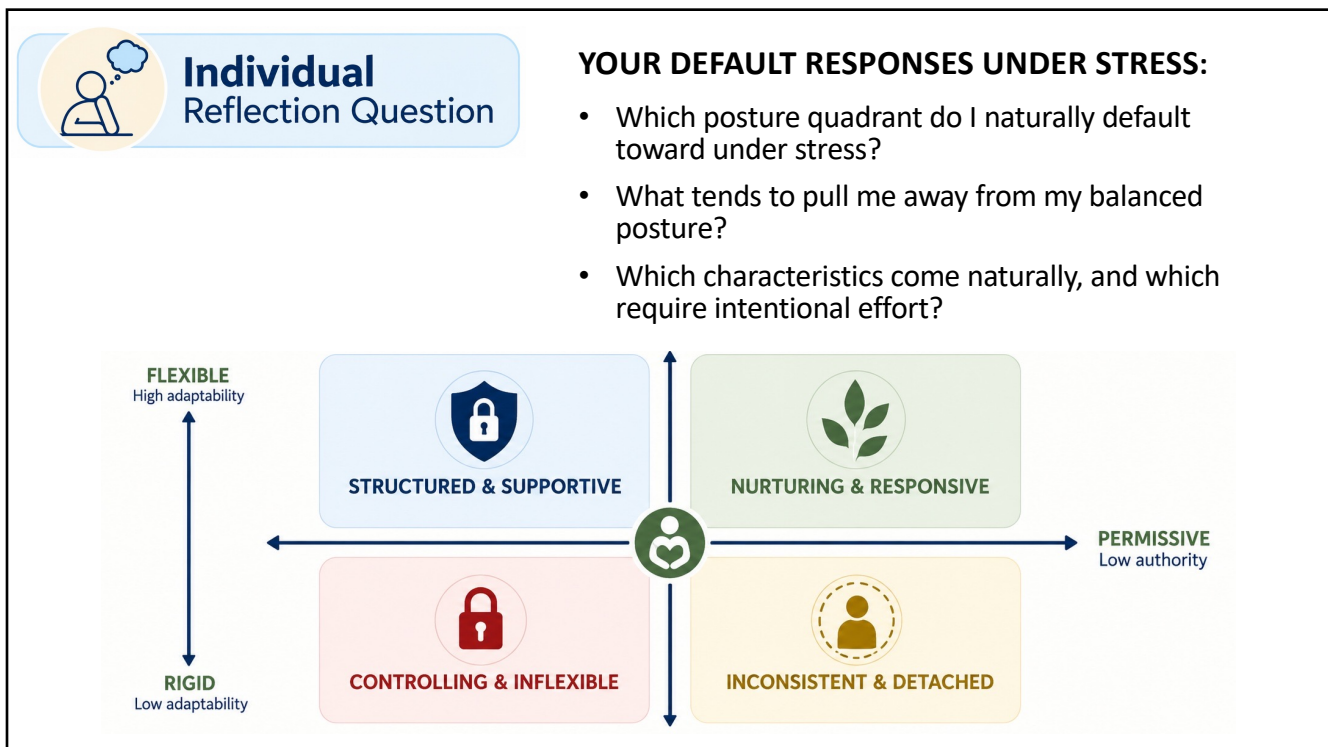
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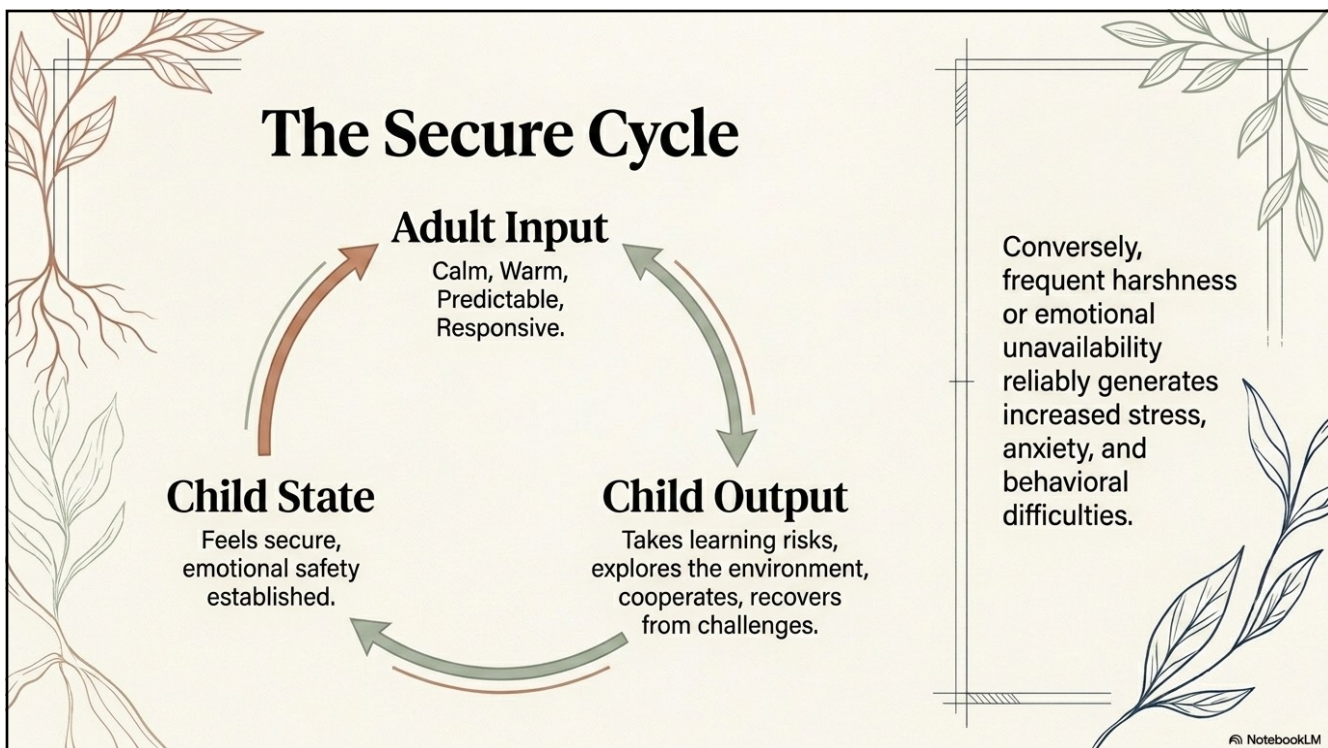
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6

Attunement Versus Technique



Attunement means **accurately noticing** and **responding** to another person's emotional state while remaining **grounded** ourselves.



It is different from simply following a protocol.



One statement may feel deeply comforting.

Two adults may say exactly the same words:

“I can see that you're upset.”



The difference is not the script—it is the **relationship** and the **authenticity** behind it.



The other may feel dismissive or mechanical.

Attuned adults:



notice subtle changes in behaviour



adjust their expectations to the student's current state



remain flexible



communicate genuine curiosity



respond rather than react



Students do not need perfect adults.

They need adults who are emotionally present enough to notice them.



7

Adult Authenticity



Students quickly recognize authenticity.



They do not expect adults to be **perfect**.



They expect adults to be **genuine**.



AUTHENTICITY MEANS:



acknowledging mistakes



apologizing when necessary



modelling emotional regulation



demonstrating humility



showing consistency between words and actions



When adults repair relational ruptures, they teach one of the most valuable lessons children can learn:

Relationships can experience difficulty and still remain safe.



This models **resilience** rather than **perfection**.



8

Relational Trust as a Protective Factor



Trust develops through thousands of **predictable interactions** rather than occasional grand gestures.



Students build trust when adults are:



- emotionally consistent
- respectful
- dependable
- fair
- calm during conflict
- available after mistakes

Relational trust creates psychological safety.



When trust is strong:

- students seek help earlier
- they tolerate challenge more effectively
- they recover more quickly from setbacks
- they accept feedback more readily
- they remain engaged despite difficulties



Trust functions as a **protective factor** that buffers stress and supports learning.



9



Relationship *as the* Foundation for Cooperation



Children are naturally more inclined to **cooperate** with adults with whom they feel **safe, connected, and valued**. When children experience adults as allies rather than adversaries, they are more likely to:

- Accept guidance
- Follow expectations
- Repair mistakes
- Seek help when needed
- Take responsibility for their actions



This is because *relationship creates influence*.

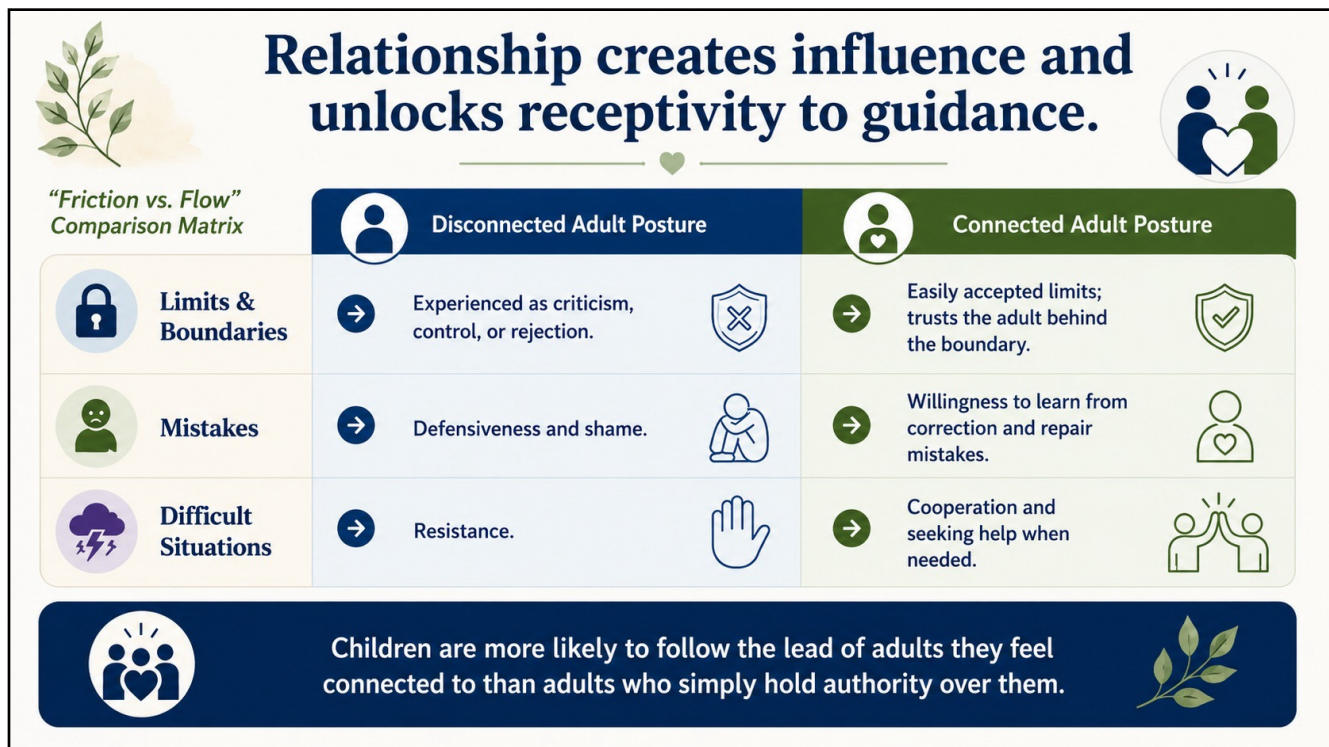
The strongest source of adult influence is not authority alone but connection.



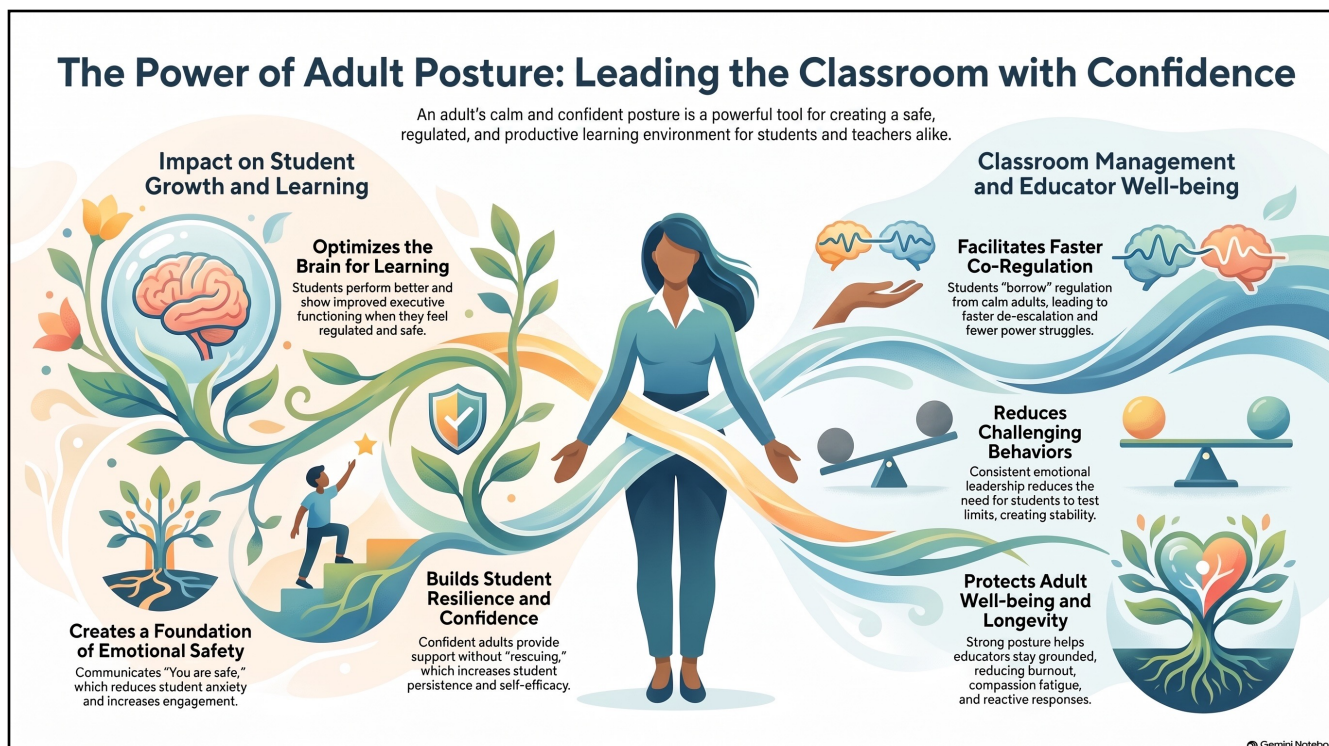
“As developmental psychologist Gordon Neufeld often emphasizes, children are most receptive to guidance from adults to whom they feel attached.
Connection opens the door to cooperation.”



10



11



12