



How to Explain Selective Mutism to a Classroom of Children

Hi Class,

Today I wanted to talk about what it means to be brave and try something new. Being brave means feeling scared or nervous about doing something but doing it anyways. This is not easy! Every single one of you in this class has tried something new and has been brave. Coming on the first day of school to meet a new teacher and a new class was brave! Going swimming for the first time was brave too! What is something that you have done that was brave?

When we are working on being brave about something, we need to practice. It's like building your muscles and exercising to get stronger. We want to work on building brave muscles by practicing using them.

_____ is working on doing brave talking in class.

We can help _____ work on her brave talking by:

- Knowing that she isn't trying to be mean when she doesn't answer our questions
- Not answering questions or talking for _____ because she needs to build this brave muscle by practicing answering questions on her own.
- You can invite _____ to play with you. Try not to ask her too many questions at first so she can get more comfortable.
- After a while you can ask _____ questions. Try to ask her questions with a choice because that helps her be brave. You can ask her things like "do you want to play at dress-up or blocks?"
- When _____ does speak you can say quietly good job answering the question or giving her a smile or thumbs up. Don't make a big deal saying "she talked" "she talked." This might make her feel more nervous.

Thanks for being brave helpers!