

Center on
GREAT TEACHERS & LEADERS

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Resources and Bibliography for
*Supporting Student
Resilience and Well-Being with
Trauma-Informed Care*

Webinar Handout

APRIL 2020



TEACHING AND LEADING IN THE TIME OF COVID-19 (WEBINAR SERIES)



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Resources

General Resources

- [Greater Good Science Center Guide to Well-Being During Coronavirus](#). Includes resources and articles for individuals, parents, educators, and other professionals facing COVID-19.
- [Greater Good in Education Program](#). Produced by the University of California, Berkley's Greater Good Science Center, offers education professionals practical insights from areas such as social and emotional learning, mindfulness, and related topics for their personal and professional lives. Resources include [Stress Management for Educators](#) and [Trauma and Resilience for Adults](#).
- [COVID-19 Well-Being Toolkit and Resources](#). Developed by the [Center for Healthy Minds at the University of Wisconsin-Madison](#). Includes resources, tips, and guided mediations for supporting well-being for educators, students, and parents.
- [COVID-19 Resources: Helpful Information and Tips for Dealing with COVID-19](#). Offers a comprehensive list of resources from the American Federation of Teachers for navigating the emotional effects of COVID-19, including articles, videos, blogs, and podcasts for dealing with the stress related to coronavirus. Includes resources on self-care, such as [Taking Care of Yourself in Difficult Times](#).
- [Coronavirus \(COVID-19\) Resources for School Communities](#). Resources and free webinars from the Yale Center for Emotional Intelligence for supporting leaders, educators, students, and families.
- [CASEL CARES: SEL Resource During COVID-19](#). Includes webinars and tips for navigating adult and student social and emotional needs in response to COVID-19.
- [Taking Care of Yourself](#). From the National Child Traumatic Stress Network, this checklist offers best practices that individuals can use to maintain awareness, find balance, and connect after a difficult event.
- Free mindfulness apps:
 - [Stop, Breathe, and Think](#) is a guided meditation app that allows you to choose your own meditation experience and suggests useful meditations based on how you are feeling on that particular day.
 - [Calm](#) includes an array of meditative visuals and soundscapes with quick meditative moments, full guided meditations, and the ability to track your progress.
 - [Smiling Mind](#) provides specific meditation programs for different age groups, ranging from age 7 to adult, including short as well as extended mindfulness exercises.

- [Insight Timer](#) provides a number of guided meditations and a simple meditation timer you can use anywhere.
- [Omvana](#) is library of meditation and mindfulness talks by the top professionals in the field.
- [Tips for managing virtual instruction during the COVID-19 crisis](#)
- teachhub.com: [Janelle Cox, Teaching Strategies: Entry and Exit Cards](#)
- Center on the Developing Child: [3 Principles to Improve Outcomes for Children and Families](#)

Resources for Safety

- [Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How to Support Our Students](#) by Sameer Hinduja, March 16, 2020
- Cyberbullying Research Center, [Report Cyberbullying](#): places you can get help for bullying, harassment, threats, and misuse for social media apps, gaming networks, and related companies

Resources for Trauma-Informed Practice in Education

- Resources for explaining the brain and stress response:
 - [The Brain in the Palm of the Hand](#)
 - [Teaching How The Brain Works To Kids](#)
- [Trauma-Informed SEL Toolkit](#)
- National Center for Safe, Supportive Learning Environments: [Trauma-Sensitive Schools Training Package](#)
- [A Trauma-Informed Approach to Teaching Through Coronavirus](#), by Teaching Tolerance Staff, March 23, 2020
 - Include in lesson plans and packets fun activities kids can do at home: [Simple Activities for Children and Adolescents](#)
- Trauma and Learning Policy Initiative, [Priority for Trauma-Sensitive Remote Learning: Keeping Connections Strong](#)
- National Child Traumatic Stress Network. [Creating, Supporting and Sustaining Trauma-Informed Schools](#)
- Massachusetts Advocates for Children, Trauma and Learning Policy Initiative: [Trauma-Sensitive Schools](#)

Resources for Emotional Regulation and Social and Emotional Learning

- [SEL 3 Signature Practices](#)
- Adapted from Certified Clinical Trauma Professional training by Dr. Robert Rhoton: [Self-Regulation Skills](#)
- Emotional regulation plans:
 - [Guidelines for Using the Emotional Regulation Action Plans, ER Plan: EC-2](#)
 - [Guidelines for Using the Emotional Regulation Action Plans, ER Plan: Elementary](#)
 - [Guidelines for Using the Emotional Regulation Action Plans, ER Plan: Middle/High](#)
- 5-point scales:
 - [Group Check-In](#) from *The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition*, by Kari Dunn Buron and Mitzi Curtis
 - [The Incredible 5-Point Scale](#) Kari Dunn Buron & Mitzi Curtis
- Using the mood meter:
 - [Teaching Emotional Intelligence in Early Childhood](#)—based on the work of the Yale Center for Emotional Intelligence, where they developed the RULER approach to social and emotional learning that teaches emotional intelligence
 - [Mood Meter Check-in and RULER Skills](#)—mood meter exercise for adults to practice mapping their moods
 - [Mood Meter Sheets](#)
 - [Boost Emotional Intelligence with the Mood Meter](#)—information about mood meter
 - [Creating Emotionally Intelligent Schools With RULER](#)—article about ruler
- Mindfulness practices:
 - [Mindful Schools](#)—offers courses in mindfulness for educators
 - [16 Meditation Apps for Children in the Classroom](#) -
 - [25 Fun Mindfulness Activities for Children and Teens](#)
 - [Breathe for Change Wellness Resources](#) (can download classroom guides to mindfulness and presence, compassion and courage, and love and gratitude that can be modified for online teaching)
 - [Mindfulness Toolkit](#) with lessons and practices and background

- Center on the Developing Child:
 - [Executive Function Activities for 5- to 7-year-olds](#)
 - [Executive Function Activities for 7- to 12-year-olds](#)
 - [Executive Function Activities for Adolescents](#)

Resources for Relationships

- [Search Institute](#)—offers tools, including a tool for identifying student strengths, for creating relationships using its developmental relationship framework.
- Collaborative Problem-solving- <https://youtu.be/zuopZkFCLVs>
- [Virtual Relationship Mapping \(Grades 6–12\)](#)
- [Check-In Circle for Community Building](#) and [virtual adaptation by Panorama](#)
- [Virtual Class Journal](#) from Panorama: Build a virtual space for students to respond to daily or weekly prompts in writing, art, or photography. Students can read the journal entries of peers to build connection. (Google template: [Google Sign in to continue to Forms](#))

Resources for Supporting Parents

- NCTSN guide for families: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
- Include in lesson plans and packets fun activities kids can do at home: [Simple Activities for Children and Adolescents](#)
- Trauma-Informed Resources Available During COVID-19 Quarantine: From the Attachment and Trauma Network: <https://www.attachmenttraumanetwork.org/trauma-informed-resources-for-covid-19-quarantine/>
- Trauma-Informed Parenting during our “Staycation”:
<https://www.attachmenttraumanetwork.org/wp-content/uploads/social-distancing-infographic-final.pdf>

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