

From the Chat Box: *What About Your Students?* *Supporting Student Resilience and Well-Being with Trauma-Informed Care (Webinar)*

April 29, 2020

During our recent webinar, [*What About Your Students? Supporting Student Resilience and Well-Being with Trauma-Informed Care*](#), presenters invited participants to share out any strategies they were using to connect with and support students during COVID-19 school closures, as well as what was giving them hope during this time of anxiety and stress. Participants graciously shared their ideas and thoughts, which are documented below to share with later viewers.

Useful Strategies or Resources

- I use Zoom with sharing when I have 1:1 meetings with students. It works very well.
- Seesaw is also a great way to communicate and get classroom materials for parents and students. Seesaw is a good platform. Also, I have sent postcards to students through snail mail.
- Creating new online content will ensure that I am more able to give kids their lessons on multiple platforms! Differentiation is going down!
- Weekly meeting, office hours, use Google voice to have students and families call if outside office hours
- We have virtual, weekly posts from teachers to the student. We are all asked to have virtual hours daily in case the students or parents have questions. The material is available through technology and hardcopy.
- create an online easy-to-use space/platform (Smore) to stay connected or connect to needed support. Use familiar icon/logo of safe space.
- Class Dojo is an awesome resource.
- We are having a curbside pick-up for families so they can receive work for the rest of the year as well as student supplies. I am really looking forward to seeing my students, masks and all.
- Having a "morning meeting" on Zoom with fun activities: telling jokes, scavenger hunts, read aloud, Kahoot.
- Weekly school assembly, sending personal letters with some stickers and coloring book pages, to all kids in the class, if parents agreed.
- We have sent encouraging cards and coloring sheets, worksheets and books for our students via U.S. mail. We also did a school-wide parade where the staff and their families decorated their

cars and drove around our school neighborhood, and beyond to the housing that we know where a lot of our students' live.

- Zoom meeting that are based on fun activities as well as educational. Talent shows, art projects, including siblings/family members etc. Also, group and one-on-one chats with students and/or families.
- I text my seniors weekly. I email juniors and freshmen. I have open office hours for just talking - no work. I uploaded English-inspired games for enrichment...I promote free resources...helped kids get tech...I do all the research for all the questions...
- I also have office hours in the morning, and also after 4 pm, because that is when I start getting their emails and questions about their work. Most of my students are waking up late.
- I have seen positive responses in my extra-curricular environment. Will usually have good days in choir, but tough ones in class. For the child to know that they are welcome because they are talented and loved, not because they are just the "good kid" and I see positives between that extra time with me.
- We are having virtual restorative circles every Thursday evening! It is our highest engagement activity.
- English Language Learners, Talking Point app, translate messages into their first language.
- We take "attendance" daily and in the google form we have, we ask students how they are and if they need help of any kind daily.
- In terms of trauma informed strategies, I always think of relationship as the best strategy and tool. Now with the removal of grading and testing, I feel that relationship is also our best (only?) tool for student engagement in learning.
- I'm doing what I can. Sending videos of myself reading and giving something. Trying to find "mindful"/coping activities to share. In any way. It's all in.
- Connection to students is key!
- Currently the older students are reached out to through calling, and Google Classroom events. For the younger crowd PK-2 we are mailing them ways to reach out to us, send Reminds, offer time to spend with kids, songs, and drawing activities. We get them out every two weeks.

What Gives You Hope?

- I am hopeful because I have seen people help others in their neighborhoods. People that may not have known each other before are running errands for people, helping with chores (yard), and many other things.
- My students and fellow teachers
- Spring
- Staying connected with co-workers, family and friends
- My hope is based on my faith. I know that everything occurs for a reason. Therefore, I depend on my relationship with God to keep me strong and lead me through this storm.
- My students are so strong! They have sent ME messages checking in on me. They have sent words of encouragement and support to me and to their peers. They have helped their peers with technology issues, content questions, etc.
- My faith. It helps me to be strong for my students and their families.
- People working together.

- Act of kindness and meeting my kids virtually
- All of the sharing, webinars, caring from teachers and experts all over gives me hope that as a team, we will come out of this stronger, smarter, and better able to handle the emotional needs of our students.
- All the people who are asking the tough questions and creating amazing solutions. I'm thankful for honest and transparent discussions.
- The connections I have had with students, the creativity and resilience my students have shown, the support, patience, and understanding that my coworkers have been showing to each other.
- The community working together.
- The engagement I've seen across so many areas in our communities, and from community to community.
- Everyone coming together to help others.
- My faith
- Seeing students persevere and reach out when they need something
- Hearing from families and students
- My family and friends
- The future and hope that things will go back to normal as summer approaches. Also, seeing all of the good things people are doing for each other. The extra lengths teachers (and others) are going to in order to connect with their students.
- That staff are working so hard at what might be the most difficult thing of their careers, sometimes without much support
- Sunshine and blooming flowers remind me that this too shall pass.
- Nature
- Looking forward to getting back to school!!
- I have hope that through this pandemic that we have gained a new sense of strength and resilience as parents, teachers, and humans in general. This too shall pass.
- My faith in the district and God.
- Knowing that my peers are all supporting me.
- Love and support from home and work.
- You all on this call give us hope!
- My hope is getting to see the smiling faces of my entire school. We are not just a school we are a FAMILY!!!
- Faith
- We will survive this. Our students will survive this.