



Simple Ways to Help Your Students Thrive

RESOURCES

Social Emotional Learning (SEL)

- **All SEL Should be Trauma Informed** - Kappa Online
<https://kappanonline.org/all-sel-should-be-trauma-informed-schools-pawlo-lorenzo-eichert-elias76390-2/>
- **Transformative SEL** - CASEL
<https://casel.org/wp-content/uploads/2021/03/SEL-Rising-Up-Together.pdf>
- **Trauma Informed SEL Toolkit** - Transforming Education
<https://transformingeducation.org/resources/trauma-informed-sel-toolkit/>
- **Towards Transformative Social and Emotional Learning: Using an Equity Lens** - Elena Saavedra & Elizabeth Nolan https://drive.google.com/file/d/17XVZoR3vSn1V8ZOYarZCwy_5Nqo0-sIE/view
- **SEL 3 Signature Practices Handbook** - CASEL
<https://drive.google.com/file/d/1d33-qW0SmFjpUn7pL0JQEFkWwK-rrCh/view>
- **13 Powerful SEL Activities Build social and emotional skills into any class** - Emelina Minero
<https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero>
- **Social-Emotional Learning Won't Happen Without a Culturally Relevant Start** - Christina Torres
<https://www.edweek.org/leadership/opinion-social-emotional-learning-wont-happen-without-a-culturally-relevant-start/2019/02>
- **Making SEL Culturally Competent Teaching students about oppression and critical consciousness is a vital component of social-emotional learning** - Scott Seider, Daren Graves
<https://www.edutopia.org/article/making-sel-culturally-competent>
- **Why We Can't Afford Whitewashed Social-Emotional Learning** - Dena Simmons
<https://www.ascd.org/el/articles/why-we-cant-afford-whitewashed-social-emotional-learning>



Trauma-Informed Care

- **Helping Traumatized Children Learn** - Trauma and Learning Policy Initiative
<https://traumasensitiveschools.org/about-tlpi/>
- **Resources** - National Child Traumatic Stress Network
<https://www.nctsn.org/resources/all-nctsn-resources>
- **Trauma Informed Care and Equity: What's the Relationship?** - Trauma Informed Oregon
<https://traumainformedoregon.org/tic-and-equity-whats-the-relationship-tio-happenings-november-december-2018/>
- **Racial trauma, or race-based traumatic stress (RBTS)** - Mental Health America
<https://www.mhanational.org/racial-trauma>
- **Trauma Informed Oregon**
<https://traumainformedoregon.org>

Other

- **Building Your Resilience** - American Psychological Association
<https://www.apa.org/topics/resilience>
- **7 Tips for Educators Returning to School During COVID-19** - Anxiety Canada
<https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/>