

MEETING STUDENTS WHERE THEY ARE THROUGH TRAUMA-INFORMED CARE

Webinar Resource Document

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Free Toolkits for Educators

- [Trauma-informed Social Emotional Learning Toolkit](#)
- [SEL for Educators Toolkit](#)
- [Mindfulness Toolkit](#)

Learn More

- Turnaround for Children's [Trauma & The Power of Positive Experiences for Children](#)
- Harvard's Usable Knowledge's [The Science of Resilience](#)

Resources for Practices

- Using a [strengths-based approach with ELs](#) living with trauma & stress
- Learn and practice having [a growth mindset](#)
- Teaching [mindfulness to kids](#) (and practice these strategies yourself)
- [Jigsaw Method](#) Teaching Strategy
- [Creating a Culture of Student Voice](#)
- [Classroom Norming](#)
- Introduction to Yale's [Mood Meter](#)
- Using or creating your own [Mood Meter](#)
- Teaching Tolerance [Exploring My Identity](#)
- [Co-regulation with Students "At-Risk"](#)
- [5-Finger Breathing Technique](#)
- [Taking Care of Yourself Worksheet](#)

Additional Practice Guidance

- Addressing Race & Trauma in the Classroom [Resource](#)
- How to Be an Anti-Racist Educator [Article](#)
- School Guidance for [Trauma-Informed Support](#)
- TLPI's A Guide to [Creating Trauma-Sensitive Schools](#)
- Trauma-related [resources for parents and caregivers](#)

Trauma-Informed Care Planning Sheet

Question/ Area	Self-Assessment (What I am currently doing towards this? Where do I need to try something new?)	I need to learn more about this. - or- I will try this new practice. (Select 3 overall.)
In what ways do I promote an environment that values learning and growth		
How do I build and maintain strong relationships?		
How do our routines and schedules support students?		
What do we already do towards co-regulation?		
How does the work students do promote identity exploration?		
How do I care for myself?		