MEETING STUDENTS WHERE THEY ARE THROUGH
TRAUMA-INFORMED CARE
Webinar Resource Document
August 11, 2020 | Akira Gutierrez, M.A.

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

Webinar recording and more resources available at: go.fiu.edu/ell-resources
## Trauma-Informed Care Planning Sheet

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