

SY 21-22



# Pressing the RESET Button!



## Student Support and Wellness

### WHY RESET?

## BRAINS IN PAIN CAN'T LEARN

We don't need to tell you how challenging the start of the 2021-22 school year has been for students and staff alike. Many are operating in survival mode due to a prolonged heightened state of stress, which results in the hair-line trigger stress response of fight-flight-freeze. It is time to push the reset button and prioritize rebuilding school communities while supporting our students and our own basic social, emotional, and mental health.

### WHEN SHOULD THIS WORK BE PRIORITIZED?

- **Elementary School** - Morning meeting time should be spent building community by providing direct SEL instruction and Meet-Up activities. Buddy Up activities and frequent brain breaks should be incorporated throughout the day.
- **Middle School** - Advisory time should be preserved to provide direct SEL instruction/lessons, instruction on behavior expectations, and opportunities to build community through informal and structured conversations with peers and teachers.
- **High School** - Daily Academic/Enrichment time should be spent providing direct SEL instruction. Academic/Enrichment time each day to provide direct SEL instruction/lessons, instruction on behavior expectations, and opportunities to build community through informal and structured conversations with peers and teachers.

# ES

## Community Rebuilding Lessons

# Middle & High

### Elementary Grades K & 1

Rebuilding Intro | Lesson 1  
Lesson 2 | Lesson 3 | Lesson 4  
Lesson 5 | Next Steps

### Elementary Grades 2 & 3

Rebuilding Intro | Lesson 1  
Lesson 2 | Lesson 3 | Lesson 4  
Lesson 5 | Next Steps

### Elementary Grades 4 & 5

Rebuilding Intro | Lesson 1  
Lesson 2 | Lesson 3 | Lesson 4  
Lesson 5 | Next Steps

### Grades 6 - 12

Lesson 1 -Returning to School [MS](#) | [HS](#)

Lesson 2 - My Values [MS](#) | [HS](#)

Lesson 3: Friendship [MS](#) | [HS](#)

Lesson 4: Community Values [MS](#) | [HS](#)

Lesson 5: Making Our School Community Better [MS](#) | [HS](#)

# ✓ Additional Lessons, Activities & Practices

## POSITIVE BEHAVIOR INTERVENTION SUPPORTS (PBIS)

- Sample Lesson - Hallway
- Sample Lesson - Teaching Respect
- Sample Lesson - Behavior Expectations
- Sample Lesson - Bathroom
- PBIS Jeopardy! (Sample)

### CASEL

CASEL Signature Practice Playbook

## HARMONY EVERYDAY STRATEGIES (ES)

Meet Up/Buddy Up Everyday Practices | Connection Cards

## SECOND STEP ADVISORY ACTIVITIES (MS/HS)

Link to Class Challenges

# 🎯 Targeted & Timely Support for Schools



## PSYCHOLOGICAL & BEHAVIORAL IMPACT OF TRAUMA

- BY NATIONAL CHILD TRAUMATIC STRESS NETWORK

- Handout - PK Student
- Handout - ES Student
- Handout - MS Student
- Handout - HS Student

## CLASSROOM WISE MODULES

- Video 1: Creating Safe Classrooms
- Video 2: Mental Health Literacy
- Video 3: Fostering SEL Competencies
- Video 4: Supporting Students in Distress
- Video 5: Impact of Trauma on Learning
- Video 6: Classroom Strategies

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 : Free Online Course: Well Being :  
 : Information and Strategies for Educators :  
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## SURVIVING & THRIVING: TRAUMA & RESILIENCE

Virtual session presented by John Richardson-Lauve & Childsavers (PSPL#13094)

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- Brains in pain can't learn, yet many of our students live in states of chronic, toxic stress. This 3-part
- refresher course presented by John Richardson-Lauve of Childsavers is designed to help you
- anticipate, recognize and mitigate behaviors that may arise due to trauma. Presented through a
- resilience lens, this self-paced workshop reminds you how to be proactive and responsive to student
- needs on a social-emotional level first so that when "the books come out" students are able to learn.
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