

Supporting students entry back to school

Resources that can be used to support our teachers to help students to re-engage with their learning and the school community after a covid-19 lockdown. Rather than focus on learning loss, we need to help our young people process what they have learned and experienced during this tumultuous time—and nothing could be more important than their social and emotional wellness. [SEL = Social-Emotional Learning](#)

Take time to cultivate and deepen relationships with families, whanau and caregivers

Foster relationships that elevate whanau and student voice

1. **Tools for Educators to Listen and Learn from Families During COVID-19 School Closures**
This tool includes sample emails, call scripts, and post-conversation reflection and action.
2. **Community-Care Strategies for Schools During the Coronavirus Crisis** This brief offers guiding questions and specific strategies for building community and connectedness among staff, students, and families.
3. **Strategies for Connecting Students and Families** Some students and families have not been in touch with their schools during the pandemic. Finding and connecting to these families remains crucial. This is a list of ideas and strategies for making this connection.
4. **Making Families Feel Welcome** This brief reflection activity for school staff lists methods for making students' families feel valued and respected.
5. **Coping With the COVID-19 Crisis: The Importance of Care for Caregivers** This tip sheet offers recommendations for supporting the emotional well-being of caregivers during the pandemic.
6. **How Can Educators Tap Into Research to Increase Engagement During Remote Learning?** This article provides ideas that teachers can boost engagement by engaging families and facilitating connections between students.

Design opportunities where adults can connect, heal, and build their capacity to support students

1. **Educator Resilience and Trauma-Informed Self-Care: Self-Assessment and Planning Tool** This self-care assessment asks teachers to first reflect on their current self-care practices and then helps them build a plan for the future.
2. **Social-Emotional Learning (SEL) 3 Signature Practices Playbook** This mini-book provides practical ways to introduce and broaden the use of SEL practices in classrooms, schools, and workplaces. **Lots of quick & easy lesson plans/activities.**
3. **Listening as a Leadership Strategy: Getting Started With Constructivist Listening** What kind of listener are you?
4. **Teachers are Anxious and Overwhelmed** This article shares insights from a recent survey of teachers about the emotions they are experiencing in connection with COVID-19 and distance learning, illustrates ways in which these emotions impact teaching and learning, and concludes with the recommendation to build a staff charter to answer the questions “How do we want to feel as a staff?” and “What do we need to do for everyone to feel this way?”
5. **Personal SEL Reflection** Principals, administrators, staff members, and other adults can use this tool to assess personal strengths, think about how to model those strengths when interacting with others, and plan strategies to promote growth across areas of social competence.

Professional Learning

1. **Building Trauma-Sensitive Schools** This online module and handouts provide examples of ways to incorporate trauma sensitivity into the classroom.
2. **Stress and the Brain** This explains how stress impacts the developing brain and related tools.
3. **Mindful Reflection Process for Developing Culturally Responsive Practices** This independent reflective practice guides educators to process a challenging interaction with a student by examining their own assumptions, prejudices, and biases and consider how they affect their interactions with and expectations of their students to develop more culturally and linguistically responsive approaches.
4. **Stress Spectrum** was designed to support teachers and principals in gaining a greater awareness of how their current personal and professional context affects their levels of stress in the time of COVID-19 ([interactive version](#))
5. **Why We Need Trauma-Sensitive Schools** This video stresses the importance of trauma-sensitive learning environments to support students.

6. **Teacher Training Modules** These professional learning modules provide a structure for supporting grieving students.

Create safe, supportive, and equitable learning environments

Build Adult-Student and Peer Relationships

1. **Creating Opportunities Through Relationships** These free online professional learning modules are designed to strengthen teacher-student relationships
2. **Responsive Circles for COVID-19** These circle prompts use familiar restorative questions that are tailored to the current moment.
3. **5-Minute Chats With Individual Students** This sample agenda and questions for one-on-one check-ins with students can build connections and help respond to needs.
4. **Building Developmental Relationships During the COVID-19 Crisis** This checklist outlines relationship-building strategies during the COVID-19 crisis.
5. **Support for Students during the Pandemic** 10 basic steps educators and school administrators can take to create a supportive environment for students.

Opportunities for social-emotional learning and practice in the classroom

1. **Reflection Prompts** This tool lists prompts that can be used in group or partner discussions, journals, or integrated into assignments to prompt student reflection
2. **SEL Kernels** SEL Kernels are short, specific activities or strategies that support the development of social and emotional skills and competencies – they are free, customizable, easy to use, and can be used in a variety of contexts. You can search SEL kernels by grade level and duration or download a printable packet at the link
3. **Strategies for Trauma-Informed Distance Learning** This brief offers general strategies and specific examples for how to recognize and respond to students' social and emotional needs as well as build-in trauma-informed practices that will support all students.
4. **COVID-19 E-Learning Free Resources** Free resources and curriculum to support SEL virtually and at home.
5. **Create a Toolbox for Care** Using these activities, teachers can help their students create a toolbox to take care of themselves and others during the COVID-19 outbreak.