



**Boston  
Children's  
Hospital**  
Until every child is well™

Neighborhood  
Partnerships

## Returning to School: Supports for Students, Educators, and School Communities Resources

In this resource sheet, you will find more information, websites, books, articles and organizations related to three TAP online workshops:

[Creating a Community of Care for Educators in Schools: A Guided Reflection](#)

[Educators in Conversation: Centering Healing Justice in Schools](#)

[Welcoming Students Back to School: Strategies to Support Social-Emotional Skills](#)

This resource sheet includes:

- Activist Organizations
- Anti-Racist/Healing Justice
- Race, Equity, and SEL
- School Climate
- School Re-entry
- Self-care for Educators
- Self-reflection Tools
- Strategies for Social-Emotional Skills
  - General Information/Resources
  - Managing Anxiety
  - Tier 1 and Tier 2 SEL Activities
  - Morning Meeting and Check-ins
  - Books for Students
  - Movement Break
  - Mindfulness
  - Music, Poetry, and Drama
- Trauma-Informed Schools (Books)

## ACTIVIST ORGANIZATIONS

### [Black Lives Matter at School](#)

- [Black Lives Matter at School](#) is a national coalition organizing for racial justice in education

### [Educators for Excellence](#)

- Founded by public school teachers, [Educators for Excellence](#) is a growing movement of more than 30,000 educators, united around a common set of values and principles for improving student learning and elevating the teaching profession

### [Unafraid Educators](#)

- Organizing committee of the Boston Teachers Union working to support undocumented and immigrant students and families

### [UndocuBlack Network](#)

- [UndocuBlack Network](#) is a multi-generational network of currently and formerly undocumented Black people that fosters community, facilitates access to resources, and advocates to transform the realities of our people, so we are thriving and living our fullest lives- includes many resources including a mental wellness guide

### [United We Dream](#)

- Largest immigrant youth-led community in the country

## HEALING JUSTICE/ANTI-RACISM

### [Abolitionist Teaching Network](#)

- [Abolitionist Teaching Network's](#) mission is simple: develop and support educators to fight injustice within their schools and communities. Utilizing the intellectual work and direct action of Abolitionists in many forms, including community organizers, educators, parents, social workers, counselors, lawyers, therapists, artists, health care providers, and incarcerated folks, we will organize and take action for educational freedom.

### [Circle Forward: Building a Restorative School Practice](#) by Carolyn Boyes-Watson & Kay Pranis

### [Colorizing restorative justice: Voicing our realities](#) by Edward Charles Valandra & Wanbli Wap̓háha Hokšíla (Eds.)

### [Culturally responsive teaching and the brain: Promoting authentic engagement and rigor among culturally and linguistically diverse students](#) by Zaretta Hammond

### [Emergent Strategy: Shaping change, changing worlds](#) by adrienne maree brown

### [The Future of Healing: Shifting from Trauma-Informed Care to Healing Centered Engagement](#) by Shawn Ginwright

### [Guide for Racial Justice and Abolitionist Social Emotional Learning](#)

### [Hope and Healing in Urban Education: How urban educators and activists are reclaiming matters of the heart](#) by Shawn Ginwright

### [My Grandmother's Hands: Racialized trauma and the pathway to healing our hearts and bodies](#) by Resmaa Menakem

[Teaching To Transgress: Education As The Practice Of Freedom by bell hooks](#)  
[We Want to Do More Than Survive: Abolitionist Teaching and the Pursuit of Educational Freedom by Bettina Love](#)

[What If We Radically Imagined the New School Year? By Ashley McCall](#)

## RACE, EQUITY, and SEL

[ASPEN Institute: Pursuing Social and Emotional Development Through a Racial Equity Lens: A Call to Action](#)

[BELE Network's guide to centering students, equity, and SEL in the fall](#)

[Education Trust: Social, Emotional, and Academic Development through an Equity Lens](#)

[Morningside Center for Teaching Social Responsibility](#)

[National Equity Project: Social Emotional Learning and Equity](#)

[National Child Traumatic Stress Network: Addressing Race and Trauma in the Classroom: A Resource for Educators](#)

[Video: New York Times: 26 Mini-Films for Exploring Race, Bias and Identity with Students](#)

[Why We Can't Afford Whitewashed Social Emotional Learning by Dena Simmons from ASCD](#)

## SCHOOL CLIMATE

[Children's Health Fund: Healthy and Ready to Learn: Care for the Caregiver](#)

[Collaborative for Academic, Social, and Emotional Learning: SEL 3 Signature Practices Playbook: A Tool That Supports Systemic SEL](#)

[Coaching for Equity: Conversations that Change Practice by Elena Aguilar](#)

[Harvard Graduate School of Education: The Experiences of Teachers of Color](#)

[National School Climate Center: National School Climate Standards: Benchmarks to Promote Effective Teaching, Learning and Comprehensive School Improvement](#)

[NCSTN: Coping in Hard Times: Fact Sheet for School Staff, Teachers, Counselors, Administration, Support Staff](#)

[NCTSN: Psychological First Aid for Schools: A Field Operations Guide](#)

[60 Ways to Build Community at School from Onward by Elena Aguilar](#)

[Unconscious Bias in Schools: A Developmental Approach to Exploring Race and Racism by Tracey A. Benson and Sarah E. Fiarman](#)

## SCHOOL RE-ENTRY

[CASEL SEL Roadmap for Re-opening Schools](#)

[CASEL Cares webinar series: Ongoing webinar series to address how SEL can be most helpful in response to today's circumstances](#)

[National Child Traumatic Stress Network: Coping in Hard Times: Fact Sheet for School Staff Teachers, Counselors, Administration, Support Staff](#)

[National Child Traumatic Stress Network: Trauma - Informed School Strategies during COVID - 19](#)

[NCSTN: Parent/Caregiver Guide to Helping Families Cope with COVID-19](#)

[School re-opening workbook from Playworks](#)

[Safe and Sound Schools: Webinar Series: Return to Learn with Safe and Sound Schools](#)

[Teach Tolerance: A Trauma-Informed Approach to Teaching Through Coronavirus](#)

[Transforming Education: Head & Heart: An Expanded Approach to Meeting Students Needs as Schools Re-Open](#)

## SELF-CARE FOR EDUCATORS

### Strategies:

[Energy Check-in: A Reflection Tool for Overall Wellbeing from Onward by Elena Aguilar](#)

[CDC: Coping with Stress: Tips and Resources](#)

[Guided Meditations for Educators from Onward by Elena Aguilar](#)

[Guided Meditations and Exercises for Self-Compassion](#)

[NCTSN: Taking Care of Yourself: Self-Care Strategies After a Difficult Event](#)

[The Counseling Teacher: 50 Self-Care Ideas for Teachers](#)

### Articles:

[ASCD: Is it Burnout? Or Demoralization?](#)

[EdSurge: Teachers are Anxious and Overwhelmed. They need SEL Now More Than Ever](#)

### Books:

[The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive by Elena Aguilar](#)

[Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky](#)

## SELF REFLECTION TOOLS

[Facing History and Ourselves: Starburst Identity Chart](#)

[Implicit Association Test](#)

[Self-reflection tools on core values, listening, emotions, and other tools from Onward by Elena Aguilar](#)

[Success Culture International: How to Build More Self-Awareness & a Stronger Culture Using the Johari Window.](#)

## STRATEGIES FOR SOCIAL-EMOTIONAL SKILLS

### General Information/Resources:

[CASEL: Collaborative for Academic, Social, Emotional Learning](#)

[Push Past It: A Positive Approach to Challenging Classroom Behaviors by Angela Searcy, EdD](#)

[The Behavior Code by Jessica Minahan and Nancy Rappaport](#)

[TeacherVision: Social-Emotional Strategies and Resources](#)

### Managing Anxiety:

[Managing Anxiety: Coping Skills for Kids](#)

[NICABM: Four Core Strategies for Managing Stress and Anxiety \(Infographic\)](#)

[NCTSN: Age-related reactions to traumatic events](#)

[Reducing Anxiety While School is Closed by Jessica Minahan from ASCD](#)

[Stress Reduction Activities for Students from Oakland Unified School District](#)

### Tier 1 and Tier 2 SEL Activities:

[NCTSN: Simple activities for children and adolescents](#)

[PBIS World Tier 2 Strategies](#)

[TRAILS: COVID-19 Supports for Social and Emotional Health](#)

- This page will be updated regularly with information and resources for supporting student and community mental health during COVID-19

## Morning Meeting and Check-ins:

[Check in and Warm Up Activities from TRAILS \(Transforming Research into Action to Improve the Lives of Students\)](#)

[Contracting for Remote Learning from Facing History](#)

[Establishing Opening and Closing Routines from Facing History](#)

[How to Create Community in a Virtual Classroom By Susan Yergler from Edutopia](#)

[New Class Roles: Building Environments of Cooperation by Lori Desautels from Edutopia](#)

[9 Ways Online Teaching Should Be Different from Face-to-Face by Jennifer Gonzalez from Cult of Pedagogy](#)

[21 Social Distance-Friendly and Virtual Icebreakers Students Will Actually Have Fun With by Rachael Moshman from Bored Teachers](#)

## Books for Students:

[American Psychological Association: Books to help students cope with COVID-19](#)

[Center on the Social & Emotional Foundations for Early Learning: Children's Book List](#)

- [Center for the Social & Emotional Foundations for Early Learning: Resources for teaching SEL with specific books](#)

[5 Steps to Build a Diverse Classroom Library and Encourage Empathy from EdWeek](#)

[Open Circle: Resources for Children's Literature](#)

- Reading books that reflect our diverse population enhances children's social and emotional development, especially the ability to take the perspective of and empathize with others

[Welcoming Schools: Great Diverse Books for Your School, Library, or Home](#)

- A simple way to let students and families know that your school welcomes everyone is to integrate books into your curriculum that reflect the diversity of your classroom and the world

[We Need Diverse Books](#)

- Non-profit and a grassroots organization of children's book lovers that advocates essential changes in the publishing industry with an aim is to help produce and promote literature that reflects and honors the lives of all young people.

[Publishers Weekly: Social and Emotional Learning Booklist](#)

- Children's book publishers list some of their more recent efforts to promote books that encompass social and emotional learning themes compiled as a resource list

## **Movement Breaks:**

### **Go Noodle**

- Movement and mindfulness videos created by child development experts. Available for free at school & home.

### **Life Is Good Playmakers (Resources)**

- **Using play to build relationships and skills**

**Video: Complete Muscle Fun Relaxation for Kids (and adults too!): Progressive Muscle Relaxation**

**Video: Yoga for the Classroom**

## **Mindfulness:**

### **Apps for mindfulness or relaxation:**

- Breathe2relax
- Breathe Think Do with Sesame Street
- Calm (free for educators- [www.calm.com/schools](http://www.calm.com/schools))
- Headspace
- Liberate app (for Black, Indigenous, and People of Color Community)
- MindYeti: [www.mindyeti.com](http://www.mindyeti.com)
- Pause
- Smiling Mind
- The Breathing App

**Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance by Patricia C. Broderick and Myla Kabat-Zinn**

### **Mindful Schools**

- Trainings and resources on integrating mindfulness into the everyday learning environment of K-12 classrooms

**Mindful walking activity from Mindful Schools**

**Relaxation scripts from TRAILS**

**Simple Mandalas**

**The MindUP Curriculum: Brain Focused Strategies for Learning and Living (Classroom-Based Mindfulness Lessons)**

**Video: Why Mindfulness is a Superpower**

- Guided meditations and other mindfulness-building activities designed by experts

### **Zentangles**

- The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns

## Music, Poetry, and Drama

[Activities for using music in the classroom from Morningside Center for Teaching Social Responsibility](#)

[Drama Based Instruction: Active Learning through the Arts](#)

[Intriguing Objects Show and Tell by Lili Arkin from Morningside Center for Teaching Social Responsibility](#)

- Create connections and invite creativity through this virtual or in-person activity in which students share an intriguing object, then write and share a poem about a classmate's object

[3 Ways to Use Music in the Classroom: A high school teacher shares how she uses music to foster a sense of community and make learning more engaging by Jori Krudler from Edutopia](#)

[Rehearsal for Life \(Urban Improv\)](#)

- Urban Improv is an interactive program for young people that uses structured improvisational theater workshops to strengthen social and emotional (SEL) skills and help students deal creatively with real-life challenges through dialogue and performance

## TRAUMA-INFORMED SCHOOLS: BOOKS

[Help for Billy: Beyond Consequences Approach to Helping Challenging Children in the Classroom by Heather Forbes](#)

[Creating Healing School Communities: School-Based Interventions for Students Exposed to Trauma by Catherine DeCarlo Santiago, Tali Raviv, and Lisa H. Jaycox](#)

[Trauma Sensitive Classroom: Building Resilience with Compassionate Teaching by Patricia A. Jennings](#)

[Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom by Kristin Souers with Pete Hall](#)

[Building Trauma-Sensitive Schools by Jen Alexander](#)

[The Heart of Teaching and Learning: Compassion, Resiliency, and Academic Success](#)