



These resources are curated on behalf of **Delaware Department of Education's Office of Equity, Innovation, and School Improvement** to support school and community partners as well as parents and caregivers in wrapping supports around students to cultivate their learning and development. The aim is to reduce and eliminate the non-academic barriers to learning. More importantly, however, we aim to enhance positive childhood experiences and increase protective factors. All topics are organized around evidence-based themes that support school climate, discipline, and positive behavior. We translate high quality research to applied practices that facilitate **belonging and engagement through supportive relationships, structure and routines, and age-appropriate strategies to build resilience**. We provide professional learning and resources to **stimulate the mind, engage the heart, and motivate the hands to action**. Through this work, we are cultivating a **CULTURE OF CARE** that facilitates **compassionate schools**. **COMPASSION** is *empathy in action - deep caring motivates the work*. Thus, the ultimate goal is to inform responsive intervention strategies that move our colleagues and the students and school communities that we serve from merely surviving to **THRIVING**.

Trauma-Informed Practices

[What is Trauma?](#)

[Stress in America 2020: A National Mental Health Crisis](#)

[TLPI: Trauma Sensitive Schools Descriptive Study](#)

[Trauma-responsive practices](#)

[Addressing Persistent Disparities in Education Through IES Research](#)

[The New 3 R's: Relationships, Routines, and Resilience](#)

[National Association for Children of Addiction](#)

[Helping Children Cope After a Traumatic Event](#)

COVID-19 Response Planning

[CSCH Report: Responding to COVID-19: Planning for Trauma-Informed Assessment in Schools](#)

Outlines what questions to consider when planning to embed a school-wide trauma-informed response to COVID-19.

[CSCH Report: Responding to COVID-19: Simple Strategies that Anyone Can Use to Foster an Emotionally Safe School Environment](#) Summarizes easy-to-use/low-cost strategies anyone can use to foster an emotionally safe school environment.

[Spotlight on Wellbeing During COVID Podcast](#)

[COVID-19: The Trauma Tsunami](#)

[COVID-19: Evidence-Based Resources](#)

[Distance Learning During COVID-19 \(CISELSS\)](#)

["Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know"](#)

Policy

[Whole School, Whole Community, Whole Child](#)

[Helping Traumatized Children Learn \(Report & Policy Agenda\)](#)

[Centers for Disease Control and Prevention: Adverse Childhood Experiences](#)

[Preventing ACES: Leveraging the Best Available Evidence](#)

Assessment

[Compassionate Schools Self-Assessment Rubric](#)

[Reflection Tool - Teacher Report Card](#)

[Student Support Intervention Tracking](#)

[Trauma Sensitive School Checklist](#)

[Student Intervention Team Planning Worksheet](#)

[Trauma Training Action Plan Template](#)

Training Resources

[Trauma-Informed Care Training for Caregivers](#)

[Trauma-Informed Care Training for School Professionals](#)

Videos and Media

[Trauma-Informed, Resilience-Focused Diagnosis of Behavioral Problems](#)

[Research-Based, Trauma-Responsive Education Practices](#)

xTier 1 Trauma Resources and Strategies

[The Trauma We Don't See](#), by Dena Simmons

[The Mental Balancing Act for School Leaders](#), by Baruti Kafele

[How Trauma-Informed Are We, Really?](#), by Paul Gorski

[The Power of Protocols for Equity](#), by Zaretta Hammond

[Mistaken Goals Chart](#)

[Brainology](#)

[Compassionate Schools and DE-PBS Comparison for Integration](#)

[Dweck Mind Set Poster](#)

[Goals](#)

[Mind Set Activity](#)

[Numbers Game](#)

[Collaborative Problem Solving](#)

[Incident Reflection Sheet - Think, Feel, Do](#)

[NYU Child Study Center](#)

[The Compassionate Schools Pilot Project Report](#)

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

[Train-the-trainer Presentations for Chapters 1-5](#)

[Trauma-informed Resource Links](#)

World Café Trauma Strategies Exercises

[Group Strategies and Interventions](#)

[Case Vignette - Joshua](#)

De-escalation

[De-escalation Exercise](#)

[De-escalation Tip Sheet](#)

Encouragement

[Encouragement Exercise](#)

[Two-By-Ten Strategy](#)

High Kindness / High Firmness

[High Kindness / High Firmness Exercise](#)

[High/Low Kindness Chart](#)

Perceiving Safety

[Perceiving Safety Exercise](#)

[Guide Sheet for Students Who Do Not Perceive Safety](#)

Rebuilding the Foundation

[Rebuilding the Foundation Exercise](#)

[Rebuilding the Foundation Domains](#)

Self-regulation

[Self-regulation Exercise](#)

[Brain in Palm Handout 1](#)

[Brain in Palm Handout 2](#)

[Brain in Palm Handout 3](#)

Student Success

[Student Success Team Exercise](#)

[Student Intervention Worksheet](#)

Teaching Repairs

[Teaching Repairs Exercise](#)

Tier 2 Trauma Resources and Strategies

[Cognitive Behavioral Intervention for Trauma in Schools](#)

[Bounce Back](#)

Tier 3 Trauma Resources and Strategies

Culturally Responsive Practices

"It's hard to hate up close." - Former FBI Director, Jim Comey

[Being Black Is Not A Risk Factor: A Strength-Based Look at the State of the Black Child](#)

[Culturally Responsive Leading and Learning: Addressing Equity through Student and Family Voice](#)

[Using Culturally Responsive Practices to Foster Learning During School Closures: Challenges and Opportunities for Equity](#)

[The Power of Protocols for Equity](#), by Zaretta Hammond

[A Conversation about Instructional Equity with Zaretta Hammond, Part 1](#)

[Culturally Relevant Teaching Resources](#)

[Key Considerations for Promoting Culturally Relevant SEL During COVID-19](#)

[Talking to Kids About Race and Violence in America](#) Guidance from 2016 on discussing race and violence with children. [Primary Audience: Caregivers]

[Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma](#) Tips and resources on how to discuss racism with young children. Includes resources to help adults have conversations with children about racism, including the pre-work that adults need to do beforehand. [Primary Audience: Caregivers]

[Current Events Teacher Checklist PDF Workbook](#) Includes a checklist for preparing to teach current events to middle and high school students with recommended news sources, key questions, and strategies for navigating complex topics. [Primary Audience: Educators]

[Let's Talk!: Facilitating Critical Conversations With Students](#) A guide that offers strategies teachers can use to plan discussions and to facilitate conversations about topics such as race, inequality, white privilege, and police brutality. [Primary Audience: Educators]

Videos

Training Resources

Equitable and Just Schools

“Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself.”

- Congressman John Lewis, July 2020 shortly before his death

[The Hard Truth About Bias with Soledad O'Brien, Matter of Fact TV](#)

[Antiracism](#)

[Assessing Children's Book Collections Using an Anti-Bias Lens, Anti-Defamation League](#)

[Learning for Justice](#)

[Resources for School Communities in Times of Crisis](#)

[Supporting Marginalized Students in the Context of the 2020 Election \(NASP\)](#)

[Insurgency at the U.S. Capitol: A Dreaded, Real-Life Lesson Facing Teachers \(Education Week\)](#)

[Race and Equity Resources \(CISELSS\)](#)

[Applying an Equity Lens to Social, Emotional, and Academic Development](#)

Videos and Media

[How to Engage Students in Civil Discourse Following Events at the U.S. Capitol \(PBS Newshour\)](#)

Training Resources

Here are some resources educators can use to help students discuss this act of injustice, so that we may all learn and heal together:

Talking to Kids About the Attack on the Capitol

[Helping Kids Understand the Riots at the Capitol](#) Includes tips for discussing the assault on the Capitol across developmental stages for youth/adolescents, starting with pre-work for adults. [Primary Audience: Caregivers]

[Responding to the Insurrection at the US Capitol](#) An article with tips about preparing and adapting current event discussions remotely. [Primary Audience: Educators]

[Classroom resource: Three ways to teach the insurrection at the U.S. Capitol](#) Includes a video and discussion questions for older kids. [Primary Audience: Educators]

Resources for Teachers on the Days After the Attack on the U.S. Capitol

[Schools Responding to the Violence at the U.S. Capitol: A Time to Help, a Time to Model, and a time to Teach](#)

What To Say To Kids When The News Is Scary

[Leading Conversations About the Capital Insurrection](#)

[Talking to Kids About the Violence in the US Capital](#)

[Explaining the News to Our Kids](#)

[How to Talk to Kids About Difficult Subjects](#)

Help Kids Spot Fake News and Decode Media Messages:

- [Grades K–5 Family Tips](#)
- [Grades 6–12 Family Tips](#)

[Is Breaking News Broken on Social Media?](#)

[News Literacy Resources for Classrooms](#)

[Actions and Consequences Adult Learning Activity](#)

[Actions and Consequences Dive Deeper Activity](#)

[Actions and Consequences Student Activity Grade 12](#)

[Actions and Consequences Home Support Grade 12](#)

[Actions and Consequences Academic Support Grade 12](#)

[A best-of-the-best collection of resources for social justice- and equity-focused educators](#)

[Intersecting Race and Youth Power Toolkit](#)

[After Atlanta: Teaching About Asian American Identity and History](#)

[Six Steps to Speak Up](#)

[Empathy During COVID-19: Addressing Anti-Asian Racism Through Restorative Dialogue](#)

[Mini Lesson: The Pyramid of Hate](#)

Restorative Practices

[National Opportunity to Learn Campaign](#)

[National Opportunity to Learn - Restorative Practices Guide for Educators](#)

[CSCH Crosswalk: Mapping Promising Alternative Approaches to Exclusionary Practices in U.S. Schools](#) Aligns school operating guidance with the components of the Whole School, Whole Community, Whole Child model.

Videos and Media

Training Resources

Social and Emotional Learning

[Delaware SEL Competency Guide](#)

[Delaware Work Based Learning and SEL Crosswalk](#)

[The Collaborative for Social and Emotional Learning](#)

- [SEL Framework and Interactive Wheel](#)
- [CASEL Framework](#)
- [CASEL Framework \(in Spanish\)](#)
- [Sample Teaching Activities to Support SEL Core Competencies](#)
- [The CASEL Guide to Schoolwide Social and Emotional Learning](#)
- [Social Emotional Learning Toolkit: Family Engagement](#)
- [The CASEL Guide to Schoolwide SEL Essentials](#)
- [CASEL Schoolwide SEL Implementation Resources](#)

[Social-Emotional Development in the First Three Years](#)

[Promoting Social and Emotional Learning in Preschool](#)

[Social Emotional Learning in Elementary School](#)

[Promoting Social and Emotional Learning in the Middle and High School Years](#)

[Edutopia Social and Emotional Learning](#)

[Search Institute Developmental Relationships Framework](#)

[Empathy Mapping Strategy](#)

[Empathy Map 1](#)

[Empathy Map 2](#)

[Empathy Map 3](#)

[Empathy Map 4](#)

[Empathy Map 5](#)

SEL and MENTAL HEALTH

SEL During COVID-19

[CASEL's Reunite, Renew, and THRIVE: Reopening Schools with SEL](#)

[Teachers Are Anxious and Overwhelmed. They Need SEL Now More Than Ever](#)

[How to Foster a Positive School Climate in a Virtual World](#)

[Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the COVID-19 Crisis](#)

[Why Social-Emotional Learning is Suddenly in the Spotlight](#)

[Supporting School Community Wellness with Social and Emotional Learning \(SEL\) During and After a Pandemic](#)

Character Education

[Character Education Partnership](#)

[Good Character Program](#)

Videos and Media

[Partnership for SEL](#)

Educator Resources

[Transforming Education's SEL for Educators Toolkit](#)

[Principals' Social and Emotional Competence: A Key Factor for Creating Caring Schools](#)

[Caring for Students in the Wake of a Traumatic News Event](#) An article with tips and resources for educators on how to support students' emotional well-being following the assault on the Capitol. [Primary Audience: Educators]

[Guidance for Ensuring Student Well-Being in the Context of the 2020 Election](#) Handout with tips for school staff with goal of helping children feel safe and able to engage with others of differing viewpoints. [Primary Audience: Educators]

Parent, Caregiver, and Community Resources

[Family Engagement Toolkit](#)

[The Impact of COVID-19 on Education](#)

[Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#) Child trauma experts give parents tips on supporting children at home. Includes strategies for caregivers for supporting child(ren)'s physical and psychological safety. [Primary Audience: Caregivers]

[SEL In An Unplanned Home School Setting](#)

[Promoting Focused Attention: Teaching Your Child the Essential Brain Break](#)

Home and Community Toolkit - COMING SOON

Out-of-School Time SEL Toolkit - COMING SOON

Behavioral Health and Wellbeing

[21 Quick Questions to Check in on Student Wellbeing](#)

[What to Do if You're Worried About Suicide](#)

[SAMHSA Guide: Treating Suicidal Ideation, Suicide Attempts and Self-harm Among Youth](#)

[SAMHSA Preventing Suicide Toolkit for High School](#)

[ASCD Mental Health Resources for School Leaders](#)

[Suicide Prevention Resource Center's After a Suicide Toolkit](#)

[Teacher Stress and Health](#)

Training Resources

Educator Self-Care and Emotional Resilience

[What about You? A Workbook for Those Who Work With Others](#)

Mindfulness Strategies

“It is in the practice of noticing without judging that we push our practice from self-care to self-awareness and self-acceptance on the path to self-love; ultimately, that’s the essence of the work and what makes it transformative.” - Teri Lawler

[RWJF’s Mindfulness in Schools Report](#)

[Evidence on the Impact of Mindfulness in Schools Research](#)

[6 Trauma-Sensitive Yoga & Mindfulness Tools to Support Youth](#)

[14-Day De-Stress Challenge](#)

Videos and Media

Training Resources

[Focus Music](#)

[FREE Attention Training for High School Students](#)