

# Trauma Toolkit

Resources to support the social, emotional, and mental well-being of students and adults following a traumatic event.

Empower educators with transformative tools to create a safe and positive school climate through on-demand, scalable and cost-effective solutions.

COVID-19 continues to take an emotional toll on children, families, schools, and communities. The stress from the pandemic can overwhelm students' ability to cope and impact their learning, behavior, and relationships. The **Rethink Ed Trauma Toolkit** can help you mitigate the effects of the pandemic on your students as they begin the new school year with inevitable changes.

Through a combination of video-based modules from our SEL Training Series and student lessons and activities for elementary (grades K-5) and secondary (grades 6-12), the **Rethink Ed Trauma Toolkit** provides strategies and resources for schools to support the social, emotional, and mental well-being of teachers, staff, students, and their families.

## The Trauma Toolkit Includes:

- Tips and strategies for leading your staff and students **through and beyond** a traumatic event.
- Educator videos with strategies to support the emotional well-being of teachers and staff, as well as strategies to help students feel **safe, supported, and connected**.
- Student lessons and activities focused on key SEL topics such as **emotions, stress management, support systems, and resilience**.
- Parent and caregiver resources to support their emotional well-being so that they are better able to **help their children** manage their emotions and build resilience.

## Scope and Sequence

Week 1: Emotions	Week 2: Stress Management	Week 3: Support Systems	Week 4: Resilience	SEL Training Series
<p><b>Objective:</b> Students will identify, accept, and express their emotions, following a traumatic event.</p>	<p><b>Objective:</b> Students will learn strategies for managing their emotions, following a traumatic event.</p>	<p><b>Objective:</b> Students will recognize the need for connection and support, following a traumatic event.</p>	<p><b>Objective:</b> Students will learn strategies for being resilient, following a traumatic event.</p>	<p><b>Adults Coping with Trauma</b> Overview of the common physical &amp; emotional reactions to traumatic events, as well as strategies for coping with traumatic stress.</p>
<ul style="list-style-type: none"> <li>• Identifying, accepting, and expressing emotions</li> <li>• Recognizing that all emotions are okay</li> </ul>	<ul style="list-style-type: none"> <li>• Changing feelings, thoughts, and behaviors</li> <li>• Using positive self-talk                             <ul style="list-style-type: none"> <li>• Practicing mindfulness</li> </ul> </li> <li>• Practicing self-care</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying needs</li> <li>• Determining who can help and how to ask for help</li> <li>• Supporting others with empathy and kindness</li> </ul>	<ul style="list-style-type: none"> <li>• Developing strategies to overcome adversity</li> <li>• Practicing strategies for developing a growth-mindset and optimism</li> <li>• Setting Goals</li> </ul>	<p><b>Helping Students Cope with Trauma</b> Overview of the common physical &amp; emotional reactions children and teens may have to traumatic events, as well as strategies for educators to help their students cope with traumatic stress.</p>