

SEL & Trauma Informed Strategies (Secondary)

\*These suggestions below are provided for reflection, discussion and implementation.

Check the strategies that you are already doing in your classroom and circle or highlight the strategies you would like to try.

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

<p><b>To Support a Sense of Belonging:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Create a supportive, respectful climate ... <i>include student voice</i></li><li><input type="checkbox"/> Greet students individually at the start of class</li><li><input type="checkbox"/> Check-in Regularly with students</li><li><input type="checkbox"/> Establish a clear and consistent class management system</li><li><input type="checkbox"/> Teach and embed the code of conduct so students clearly understand expectations</li><li><input type="checkbox"/> Be authentic ...<i>express your own feelings and acknowledge your own mistakes</i></li><li><input type="checkbox"/> Collaborate with parents/guardians to understand the students’ context</li><li><input type="checkbox"/> Speak with prior teachers to understand what has worked previously</li><li><input type="checkbox"/> Plan lessons with <i>all</i> students in mind</li><li><input type="checkbox"/> Have private conversations with individual students to plan, connect, and offer encouragement</li><li><input type="checkbox"/> Give positive reinforcement ...<i>look for the good</i></li><li><input type="checkbox"/> Help your students identify two trusted adults in the school...<i>Connectedness to adults in school predicts increase success</i></li><li><input type="checkbox"/> Hold Class Meetings/Circles ... <i>to provide sharing opportunities that build relationships</i></li><li><input type="checkbox"/> Include personal wellness discussions as much as possible</li></ul> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<p><b>To Support Self-Management &amp; Self-Regulation:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Create a calm environment ...<i>clutter free, soft lighting, neutral colours</i></li><li><input type="checkbox"/> When possible be mindful of individual student stressors</li><li><input type="checkbox"/> Have visual supports/reminders of upcoming assignment due dates</li><li><input type="checkbox"/> Teach and practice self-regulation strategies.... <i>EASE lessons for anxiety management, Mindfulness for self-calming and focus</i></li><li><input type="checkbox"/> Separate long blocks of instruction with breaks and varied teaching strategies</li><li><input type="checkbox"/> Allow access to food, bathroom, water as needed</li><li><input type="checkbox"/> Offer seating choice and flexibility...<i>placement and/or standing desks</i></li><li><input type="checkbox"/> Teach SEL programs ... EASE 8-12, Open Parachute, Mental Health Literacy</li><li><input type="checkbox"/> Collaborate with other staff to create a strength-based plan to support student success</li></ul> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>
<p><b>To Support Relationship Skills &amp; Social Awareness:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Teach, model and practice how to work in groups... how to <i>contribute, compromise and take responsibility</i></li><li><input type="checkbox"/> Teach, model and practice inclusion and acceptance of diversity</li><li><input type="checkbox"/> Teach students how to set and respect boundaries</li><li><input type="checkbox"/> Use restorative practices to help students resolve conflicts</li><li><input type="checkbox"/> Support students to reflect on their choices, behaviour and subsequent consequences</li><li><input type="checkbox"/> Frame discussions with students in a positive manner</li><li><input type="checkbox"/> Teach how to apologize and make amends...<i>understand that the best apology involves feelings, is genuine, specific, personalized</i></li></ul> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<p><b>To Support Self- Awareness:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Help your student(s) identify their strengths and stretches and related needs</li><li><input type="checkbox"/> Differentiate assignments based on student-identified strengths and learning styles</li><li><input type="checkbox"/> Teach emotional management ...<i>teach that thoughts actions and feelings are all inter-related</i></li><li><input type="checkbox"/> Teach and model helpful and realistic self-talk</li><li><input type="checkbox"/> Teach, model and practice “I statements”</li><li><input type="checkbox"/> Model and practice self-advocacy skills... <i>i.e. asking for help when it’s needed / connect this to their trust adults</i></li><li><input type="checkbox"/> Introduce and practice ‘Growth Mindset’ language</li><li><input type="checkbox"/> Teach how to give and receive constructive feedback</li><li><input type="checkbox"/> Teach goal-setting steps</li><li><input type="checkbox"/> Celebrate students’ achievements</li></ul> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>