“Resilience does not mean that children ‘get over it.’ It does mean that the caring adults in their lives have a lot of power to buffer, rather than cement, the effects of toxic stress.” Amanda J Moreno, Ph.D., Erikson Institute

Listening is an essential skill within the learning environment that enhances relationships and learning. Many who feel increased stress (including around weekends and holidays), reach out to friends and peers to share. Teachers may even feel overwhelmed with requests from students to listen to experiences and/or needs, adding to their own stress levels.

One school shares through videos and materials how ‘dialogue circles’ (based on restorative circle design) has helped students feel connected to each other and to appropriately share and listen to peers to lower stress.

**Teachers and Students, Got Stress?**

- General Lack of resiliency?
- Lack of Humor?
- Physical, then emotional exhaustion?
- Frequent Absences?
- Difficulty being organized?
- Frequent Illness?

Listening is an essential skill within the learning environment that enhances relationships and learning. Many who feel increased stress (including around weekends and holidays), reach out to friends and peers to share. Teachers may even feel overwhelmed with requests from students to listen to experiences and/or needs, adding to their own stress levels.

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**ISBE SEL GOALS**

1. Develop self-awareness and self-management skills to achieve school and life success.
2. Use social-awareness and interpersonal skills to establish and maintain positive relationships.
3. Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

**Teaching Resiliency**

Trauma Informed Care tips for teachers
http://bit.ly/ILCIA_Trauma

How ACES impacts our lives. - Infographic

Free resources and videos from Sesame Street

**Teaching Stress Management**

Dialogue Circles Create Connections


**Raising Awareness for National Autism Month**

“It takes a village to raise a child. It takes a child with autism to raise the consciousness of the village.”

**Autism School Community Toolkit**


This excellent toolkit includes:

- Student awareness and reflection on differences can support self-awareness and social responsibility.
- Educational materials and helpful tips for peers (p.16-14) and classmates (p. 29-31) which could be shared as part of a student community engagement and/or service project.

Additional SEL resources can be found on www.ilclassroomsinaction.org/sel