

# Teaching and Learning Supports

SEL  
Goal  
Aligned

## Teaching Resiliency

“Resiliency 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

Trauma Informed Care  
tips for teachers

[http://bit.ly/ILCIA\\_Trauma](http://bit.ly/ILCIA_Trauma)

How ACES impacts our lives. -  
Infographic

Explore the Tools in the Kit: Read quick facts, download resource guides, and more!



1

Free resources and videos  
from Sesame Street



2

[http://bit.ly/ILCIA\\_K-5\\_Resilience](http://bit.ly/ILCIA_K-5_Resilience)

5 Ways to  
Cultivate Resilience

Marilyn Price-Mitchell, PhD



## 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.



Comprehensive System  
Of Learning Supports

## Teaching Stress Management

### Teachers and Students, Got Stress?

- |   |   |
|---|---|
| <input type="checkbox"/> General Lack of resiliency?          | <input type="checkbox"/> Lack of Humor?     |
| <input type="checkbox"/> Physical, then emotional exhaustion? | <input type="checkbox"/> Frequent Absences? |
| <input type="checkbox"/> Difficulty being organized?          | <input type="checkbox"/> Frequent Illness?  |

1

### Dialogue Circles Create Connections



Classroom materials and videos at  
[http://bit.ly/ILCIA\\_DialogueCircles](http://bit.ly/ILCIA_DialogueCircles)

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.

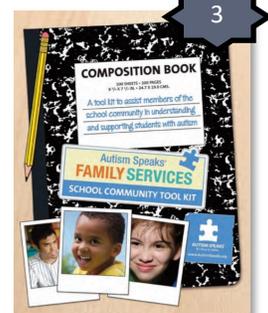
Listening is an essential skill within the learning environment that enhances relationships and learning. Many who feel increased stress (including around week-ends and holidays), reach out to friends and peers to share. Teachers may even feel overwhelmed with requests from students to listen to experiences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

## Raising Awareness for National Autism Month

Autism School Community Toolkit  
[http://bit.ly/ILCIA\\_Autism\\_Toolkit](http://bit.ly/ILCIA_Autism_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.



3

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

2

Additional SEL resources can be found on [www.ilclassroomsinaction.org/sel](http://www.ilclassroomsinaction.org/sel)