

# Education Resources

## ON THE WELLBEING FOR LA LEARNING CENTER

The UCLA Prevention Center of Excellence offers training, consultation, and implementation support for educators and school teams in LA County. This collection of resources includes videos, courses, virtual trainings, and printable tools aimed at providing support to school communities throughout LA County.

### Learning Communities

The Prevention Center of Excellence offers online learning communities to support adoption and implementation of behavioral health, wellbeing, and healing practices in schools. Learning Communities help practitioners and educators share best-practices across local education agencies. It also allows members to ask for advice and receive suggestions for supporting students and nurturing growth. Examples of current Learning Communities include Early Childhood Core Competencies, FOCUS Resilience Curriculum in Schools, Community Schools, and School Counseling and Wellbeing. The Prevention Center of Excellence provides coaching and guidance to new Learning Community Moderators and has a Learning Community for Moderators, called Everything in Moderation.

Interested in learning about how to build a Learning Community in the Wellbeing for LA Learning Center?  
Contact us at [info@wellbeing4la.org](mailto:info@wellbeing4la.org).

### Learning Tools

Whether you have time for a full training or are looking for quick tips, there is something designed to meet your needs on the Wellbeing for LA Learning Center.

- **Course:** An online multi-module activity with learning objectives, interactive prompts, videos, and knowledge assessment.
- **Learning Experience:** A curated activity focused on a specific topic.
- **Printable tool:** A downloadable PDF (handout, activity, information sheet).
- **Resource collection:** A compilation of curated courses, tools, and videos linked by topic.
- **Virtual training:** A live presentation that has been recorded and converted into an Anytime Session and can be watched on demand.
- **Video:** A type of item that is filmed with video and audio.

## **Quick Search**

Education resources on the Wellbeing for LA Learning Center are split into four categories: Student Support, School Climate, Diversity, Equity, and Inclusion, and Educator Wellbeing. Click on a category below to jump to a list of resources related to the topic.

### **Student Support:**

Discover new ways to support student wellbeing and create trauma informed environments.

### **School Culture:**

Create a school and classroom environment that seeks to understand where students are coming from instead of focusing on 'what is wrong' with them.

### **Diversity, Equity, and Inclusion:**

Commit to practices that promote equity and appreciation of the diverse communities in LA County.

### **Educator Wellbeing:**

Prioritize the wellbeing of educators and school staff using organizational and individual strategies.

# Student Support

## [Back to In-Person Learning: Trauma Informed Tips for Promoting Student Engagement, Wellbeing and Resilience](#)

### *Printable Tool*

This printable tool has practical strategies to support students' wellbeing and mental health while transitioning back to school following COVID-19-related closures or absences. School staff can implement these strategies.

## [Connected Classroom for Middle School and High School Students](#)

### *Resource Collection, 23 items*

This collection provides tools to support middle and high school teachers in developing student wellbeing and resilience in classroom settings. This collection provides guides to teaching key skills for emotional regulation, effective communication, goal setting, and stress reduction.

## [Digital Wellbeing](#)

### *Resource Collection*

As the world continues to become increasingly more digital, it can be hard to navigate the opportunities and challenges of being online. This is especially true for children and teens who use social media and online entertainment more than any other previous generation. This collection is designed to help explore the impact of social media on youth mental health, how to talk to young people about staying safe online, and support for engaging in honest, open dialogues about the risks and benefits of social media.

## [Elementary School Student Mental Health Student Slides Handout + Activity Guide](#)

### *Printable Tool*

For elementary school students - A PDF of student-specific PowerPoint slides corresponding with the activities/exercises included in the article "Mental Health Activity Guide for Teachers to Use in Classrooms." Related handouts are linked below in "Related Items."

## [Engaging Disengaged Students](#)

*Virtual Training, 45 minutes*

Students often experience challenges in and out of school that may impact their ability to stay engaged with classroom requirements. Re-engaging students should not be a punitive process, rather, it should be an effort centered on understanding what barriers the student is encountering and offering support to help them return to class or keep up with their assignments. In this session, instructor F.H. Rafi will help educators gain practical tools.

## [Growing Foundational Skills in Early Childhood](#)

*Course, 90-120 minutes*

This course is focused on supporting resilience and wellbeing in young children. It provides an introduction to understanding how early childhood trauma may impact young children's relationships, behaviors, emotions, and thinking processes. In each module, participants will join four early childhood professionals as they learn and apply trauma informed skills to build strong relationships with young children and promote their readiness to learn. Participants will be able to apply these same trauma informed skills in their own work with young children.

## [Helping Children Manage Stress](#)

*Resource Collection, 21 items*

Strategies to manage stress is an important skill for children to learn as they grow up and face new challenges. Teaching emotion identification and regulation can better prepare them to manage their feelings and behaviors effectively. Review this collection to learn how play can help children practice managing difficult emotions.

## [High School Student Mental Health Student Slides Handout](#)

*Printable Tool*

For high school students – A PDF of student-specific PowerPoint slides corresponding with the activities/exercises included in the article "Mental Health Activity Guide for Teachers to Use in Classrooms." Related handouts are linked below in "Related Items."

## [Mental Health Activity Guide for Teachers to Use in Classrooms](#)

*Guide*

The Los Angeles County Department of Mental Health (DMH) School Based Community Access Platform (SBCAP) program created a mental health activity guide for teachers to use in classrooms. This guide was created to provide teachers with several activities that will equip students with coping skills, in an effort to support their resiliency. The hope is that educators will use this guide near the beginning of the school year, and incorporate some of the activities and exercises into their classroom on a regular basis. Given the challenges of the past year and a half, it is important to prioritize students' mental health now more than ever.

## **Mental Health in the Classroom**

### *Virtual Training, 1 hour*

Student mental health needs can seem hard to recognize, but with the right knowledge, educators can recognize student needs and refer to helping professionals. It is also important to think of engaging parents and caregivers when supporting a student's emotional wellbeing, and talking about mental health services in the right way helps them understand the value of getting care. In this session, Maisah Howard, MSW helps educators find new ways of recognizing and supporting the mental health needs of students, while giving practical steps for referring to the right caring professionals.

## **Mental Health Wellbeing Workshops for Educators to Use With Students**

### *Learning Experience*

The Department of Mental Health (DMH) School Based Community Access Platform (SBCAP) developed a series of wellbeing workshops to be delivered in high school classrooms. This course was created to help increase students' wellbeing by strengthening their self-care and wellbeing practices. Our hope is that through these workshops, teachers and school staff can help students prioritize their own emotional wellness in the classroom.

## **Middle School Student Mental Health Student Slides Handout**

### *Printable tool*

For middle school students – A PDF of student-specific PowerPoint slides corresponding with the activities/exercises included in the article "Mental Health Activity Guide for Teachers to Use in Classrooms." Related handouts are linked below in "Related Items."

## **Planting SEEDS of School Readiness in 10 Minutes or Less**

### *Multimedia Resource Series, 10 minutes each episode*

Learn skills and concepts that support young children's school readiness in 10 minutes or less! Children need help building their self-regulation skills in order to be successful in the classroom, whether they are in preschool, kindergarten, elementary school, or beyond! They need us, the nurturing adults in their lives, to help them learn how to manage their behaviors, their feelings, and their thinking processes. In each 10-minute episode, you'll explore how learning happens in relationships, the idea of hot and cool moments, and learn easy-to-use ways to promote young children's emotional regulation and executive functioning skills.

## **Promoting School Wellbeing and Safety Through Empathy**

### *Learning Experience*

This presentation defines empathy, wellbeing, and safety. It also discusses how students can put empathy into action to improve wellbeing and create a safer school community.

## **Recognizing Commercial Sexual Exploitation in Schools**

### *Virtual Training, 1 hour*

Commercial sexual exploitation, also known as child sex trafficking, is a grave form of child abuse that impacts countless youth within Los Angeles County. Youth at highest risk of commercial sexual exploitation are often the most vulnerable. Salient risk factors include poverty, histories of running away, adverse childhood experiences, and having a minority status due to racial/ethnic, sexual, or gender identity. Educators and school personnel play a critical role in the development and implementation of effective prevention and intervention strategies that protect youth from commercial sexual exploitation. This workshop is designed to equip the school-based personnel with knowledge on how to identify students at high-risk or experiencing exploitation, so that appropriate response mechanisms can be put into place.

## **Recognizing and Managing Anxiety in the Classroom**

### *Course, 1 hour, 30 minutes*

This course is designed to help educators navigate the nuances involved with recognizing and addressing anxiety and stress in K-12 students. Video vignettes engage the learner to better understand various ways in which anxiety may thwart a child's academic, emotional, and social development. Practical strategies for individual and classroom use are offered for elementary through high school.

## **Recognizing Substance Use in Students**

### *Training Series, 3 items (165 minutes total)*

Students may present in the classroom with substance use/misuse that impedes on their academic performance. This 3-part series helps educators recognize the signs and symptoms of substance use and use therapeutic interventions to support students and their needs in the classroom. We help educators find the balance between meeting students' needs and the needs of the school community. Educators will also learn the impact of substance use on the student's academic ability. This training will help educators to understand the signs and symptoms of substance use and how to intervene. We will help educators find the balance between meeting students' needs and the needs of the school community.

## **Remote and Hybrid Learning Strategies – Engaging Diverse Learners**

### *Training Series, 3 items (95 minutes total)*

Educators are being asked to adapt on a weekly basis to new learning technologies and approaches as we wait to return to normal. In this series, Dr. Elianny Edwards equips educators to meet the needs of diverse learning types in remote and hybrid settings.

## [Sharing Difficult News with Children](#)

*Printable article*

## [Social Media: A Guide for Teens to Get the Best Out of Social Media \(and Avoid the Worst\)](#)

*Video*

This webinar is presented by UCLA student advisors from the UCLA Center for Child Anxiety Resilience Education and Support (CARES). It explores the benefits and drawbacks of social media use and presents practical strategies of how to support oneself when being on social media causes negative emotions, such as anxiety or disconnection. The webinar is primarily directed at teens and college students, but provides advice to parents and educators as well.

## [Suicide Prevention in a Virtual Classroom](#)

*Video Series, 4 items (40 minutes total)*

While teachers have always played a vital role in the emotional development and safety of students, remote learning in response to the COVID-19 pandemic presents new challenges for identifying students at risk of self-harm or even suicide. This series provides teachers with clear guidelines, talking points, and tools for recognizing and responding to warning signs in a virtual learning environment.

## [Support After Tragedy](#)

*Resource Collection, 11 items*

Tragedy comes in many forms, such as mass shootings, war, racism, hate crimes, natural disasters, and pandemics, to name a few. Explore resources to support both children and adults during and after tragedies.

## [Supporting Basic Student and Family Needs](#)

*Virtual Training, 45 minutes*

Due to structural and systemic issues, students and families may have a difficult time meeting their basic needs. This can impact their overall wellbeing and their academic progress. This training will teach educators how to help families access services, including food, housing, health, and mental health resources. We also cover child care and after-school programming to discuss how these supports strengthen students and their families. In addition, educators will learn how to recognize when resource referrals might be needed to support a family's wellbeing. Finally, it is important to note that appropriate resource referrals have been shown to reduce the likelihood of future child welfare and juvenile justice involvement. By supporting families that are working to overcome systemic injustices, we can prevent future system involvement.

## [Supporting English Language Learners](#)

*Virtual Training, 30 minutes*

Students labeled as English Language Learners faced some unique challenges throughout virtual learning. As we return to in-person schooling, it is important that educators support this diverse group of students by prioritizing trust and flexibility. This presentation will provide strategies for linguistic and socioemotional support that build on what worked during distance learning.

## [Supporting Students in Distress: The Importance of Psychological First Aid \(PFA\)](#)

*Video*

We have been hearing from teachers about how impossible it has been trying to teach students during this time, when our world has been turned upside down dealing with COVID-19. Here to share helpful communication tips educators can use during this time is Pamela Vona, MPH, MA, Director of the Center for Safe and Resilience Schools and Workplaces.

## [Supporting Students Struggling with Focus and Sustained Attention](#)

*Virtual Training, 30 minutes*

This presentation will provide teachers with practical strategies that can be used in an in-person or virtual classroom to support students who are struggling to focus. There are a variety of reasons why students may struggle to focus. Regardless, all supports must have a culturally responsive and trauma informed lens. An overview of strategies with specific examples of how to implement strategies for a variety of student needs will be discussed. We also address common misconceptions teachers and schools may have when providing students with supports.

## [Supporting Students Who Are Worried and Anxious: Practical Tools for the Classroom](#)

*Video*

As students and teachers prepare for the upcoming school year, school communities will be adjusting to significant anxiety, stress, and trauma experiences. Here to discuss how teachers, parents/caregivers, and students can learn to identify and respond to anxiety symptoms and provide strategies to help combat stress in students is Dr. John Piacentini from the UCLA Cares Center.

## [Supporting Students With Disabilities](#)

*Virtual Training, 30 minutes*

Students with disabilities deserve support that matches their academic and personal needs. Educators seeking to provide specialized support to students may also experience discomfort or feelings of inadequacy in meeting the specific needs of each of their students. In this virtual training, instructor Brande Otis helps educators dispel the myths surrounding students with disabilities, while providing practical approaches to offering custom support to students who need it.



## [Tools and Resources to Support Teens and Families \(thoughts of suicide\)](#)

### *Video*

There are many resources and tools available to provide additional support to students who are having thoughts of suicide. This video outlines several resources and tools that can connect Los Angeles County students to care beyond the scope of what a teacher can provide. If you are a teacher with a student at risk of suicide, please know you are not alone. There are also resources that can help you cope with the stress of supporting teens and families in crisis.

## [When Students Talk About Suicide](#)

### *Video*

How can you provide support when a student demonstrates signs or talks about suicide? In this explainer video, ways in which everyone plays a role in suicide prevention are discussed. Learn tips about how to approach conversations regarding suicide prevention.

# School Culture

## [Continuing the Dialogue: Restorative Practices in School](#)

### *Virtual Training*

This training is a continuation of the introduction to restorative practices in schools and is designed to help school staff understand how applying the basic principles, values, and processes of restorative practices in school settings can improve student behavior and academic performance. Participants will learn a relational approach to building a more compassionate school climate and addressing student behavior.

## [Cultivating Compassionate Schools](#)

### *Course, 1 hour, 30 minutes*

Hear from educators, mental health professionals, and former students as they share firsthand accounts of the challenges and successes of creating a nurturing school community. Watch this video to explore the importance of building a school environment that is sensitive to trauma and promotes resilience.

## [Empowering Teachers to Determine Classroom Practice and Agency](#)

### *Virtual Training, 30 minutes*

Teacher agency can be defined as the voluntary exercise of power in thought, choices, and actions. Exercising this power of choice can enable teachers to create more equitable spaces for students. This presentation will provide teachers with practical and straightforward steps that can be implemented in their classrooms to create safe, affirming, and empowering learning spaces for all students. Areas of focus: routines and procedures, curriculum, grading, and expectations.

## [Introduction to Restorative Practices in Schools](#)

### *Virtual Training*

*This training is designed to help school staff understand the basic principles, values, and processes of restorative practices in school settings. Participants will learn skills and strategies to help create caring school communities based on respect, responsibility, and repair of harm.*

## [Making Schools Safer for LGBTQIA+ Youth](#)

*Virtual Training, 3 items (135 minutes total)*

Growing up can be hard for all youth, but for LGBTQIA+ youth, it can include trauma, fear, and even risk of abuse. We believe that educators have a responsibility to help make LGBTQIA+ youth feel safe and supported in their community so they can focus on schooling and thrive. In this series, JC Lugo will help educators learn how to create safe and supportive school environments and equip them to be allies for LGBTQIA+ youth in their communities.

## [Parent Engagement for Schools](#)

*Virtual Training, 1 hour*

Parents often face challenges that make it difficult for them to balance the education needs of their children. Educators also have a heavy load of responsibilities that can make it difficult to work without parental support. In this course, instructor Cicely Bingener helps educators gain practical approaches for engaging parents in their child's educational success. It will also help educators understand the challenges marginalized communities face to increase empathy and understanding. This will lead to improved relationships between schools and the families they serve.

## [Promoting School Wellbeing and Safety Through Empathy](#)

*Presentation*

This presentation defines empathy, wellbeing, and safety. It also discusses how students can put empathy into action to improve wellbeing and create a safer school community.

## [Psychological First Aid for Everyone](#)

*Course*

This is a course for everyone to learn and apply Psychological First Aid skills to effectively provide emotional and informational support to others experiencing disaster-related stress. After completing the course, you will be able to identify when to refer for mental and medical health services and apply stress-management and self-care skills care for themselves.

## [School Wellbeing Toolkit](#)

*Printable Tool*

The Pritzker Center 2021 School Wellbeing Toolkit provides actionable steps educators can take in the classroom to address many of the most pressing concerns in our schools.

## [Student and Parent Engagement in Schools](#)

*Resource Collection, 7 items*

Students, their parents, and caregivers rarely fit into the one-size-fits-all approach to classroom design that so many teachers have to work within. This collection will help educators gain tools to engage students and their families as they respond to challenges with their educational journeys. Most of these trainers have been classroom teachers themselves, so each works to offer strategies that work well with educators' busy schedules.

## [Support Networks for Students and Families](#)

*Virtual Training, 30 minutes*

Schools are part of a community's social safety net, and their primary function is to support students' educational needs. Oftentimes, however, school personnel also fill the role of first responders with students and families who face challenges, such as housing insecurity, mental illnesses, poverty, substance use, and many other issues. In this session, participants will learn why it is important for schools to strengthen their relationship with supportive networks in the community. Additionally, participants will learn how to create relationships with community partners who can provide supportive services to students and families in need. Important factors to consider when developing relationships with community organizations will be reviewed in order to best meet the needs of students and families.

## [Trauma and Resilience Informed Care Foundations for Educators](#)

*Virtual Training, 1 hour, 30 minutes*

An introduction to trauma and its impact on human development across areas of functioning, as well as the core principles of trauma and resilience informed care. Participants will practice strategies to enhance their capacity for trauma and resilience informed care in themselves and their schools. Participants will also learn strategies to promote resilience, reduce stress, and prioritize wellbeing for themselves and others.

## [Wellbeing for LA Creative Wellbeing Spring Renewal Retreat 3 Part Series](#)

*Virtual Training*

Creative Wellbeing provides culturally relevant, healing-centered arts education that builds mental health protective factors for system-involved youth impacted by Los Angeles County's child welfare system. Creative Wellbeing is a non-traditional approach that integrates arts and mental health strategies to support social-emotional development and healing from trauma. Join us to learn more about the Creative Wellbeing approach, experience it in action, and discover ways you can embed it into your own practice.

# Diversity, Equity, & Inclusion

## [Addressing Implicit Bias in Mandated Reporting](#)

*Virtual Training, 30 minutes*

Mandated reporters have the difficult task of reporting child abuse and neglect wherever and whenever they observe it. Research shows, however, that our implicit biases may lead us to over-report families of color and for issues that may be solved by supportive social supports and referrals. In this virtual training, instructor Brianna Harvey helps educators and other mandated reporters identify any implicit biases that may influence their reporting and suggest additional ways to support families.

## [Addressing Structural Racism in LA County Schools](#)

*Virtual Training, 3 items, 125 minutes total*

People often think that increased diversity and representation in schools prevents bias, but many of our systems have implicit bias against BIPOC (Black, Indigenous, People of Color). If it goes unaddressed, this bias can negatively impact student success. Educators will begin to recognize the bias inherent in educational systems, and how to take an anti-racist approach to creating more equitable school communities.

## [The Courageous Educator: Addressing Racism and Microaggressions in the Classroom](#)

*Video*

The COVID-19 pandemic shines a light on inequity in our schools and our community. Students living in impoverished communities, complete their work in crowded spaces, lack adequate internet access, and have to support multiple generations of family. Many teachers are impacted in the same way. Dr. Tyrone Howard joins us to discuss how to support both students and teachers in under-resourced communities. Dr. Howard is a Professor of Education, Director of the Pritzker Center for Strengthening Children and Families, and Director of the Black Male Institute at UCLA.

## [Equity Practice for Schools](#)

*Resource Collection, 14 items*

With conversations around equity in schools growing more and more controversial around the country, educators are often left without the training and resources they need to create more equitable environments for marginalized students and families. In this collection, educators and administrators can learn practical approaches to support all students' needs while honoring their experiences and identities.

## [Exposing Inequity, Highlighting Strengths in Education](#)

### *Video*

The COVID-19 pandemic shines a light on inequity in our schools and our community. Students living in impoverished communities, complete their work in crowded spaces, lack adequate internet access, and have to support multiple generations of family. Many teachers are impacted in the same way. Dr. Tyrone Howard joins us to discuss how to support both students and teachers in under-resourced communities. Dr. Howard is a Professor of Education, Director of the Pritzker Center for Strengthening Children and Families, and Director of the Black Male Institute at UCLA.

## [The Intersection of Anti-Black Racism and Adolescent Development](#)

### *Video*

This video is the first Council Report from the National Scientific Council on Adolescence (NSCA) and summarizes research on how racism and related inequities impact key developmental milestones of adolescence. In this subsequent panel discussion, report lead Dr. Joanna Williams, co-author Dr. Andrew Fuligni, and youth reviewer Kofi Mason talk about what can be done to eliminate anti-Black racism and mitigate its effects in order to support the healthy development of Black youth.

## [Intergenerational Trauma: Understanding and Addressing Racial Trauma in Behavioral Health](#)

### *Virtual Training*

The COVID-19 pandemic shines a light on inequity in our schools and our community. Students living in impoverished communities, complete their work in crowded spaces, lack adequate internet access, and have to support multiple generations of family. Many teachers are impacted in the same way. Dr. Tyrone Howard joins us to discuss how to support both students and teachers in under-resourced communities. Dr. Howard is a Professor of Education, Director of the Pritzker Center for Strengthening Children and Families, and Director of the Black Male Institute at UCLA.

## [Race Equity in Education](#)

### *Virtual Training, 3 items (120 minutes total)*

Kids, families, and educators are all impacted by the racial inequities inherent in our society. Educators are constantly being asked to do more, and now you're being asked to face the challenge of racial inequality in our schools. You aren't alone in this work. We are here to help prepare you and give you confidence in pursuing equity in the classroom and your community. Join us for this 3-part series, taught by Dr. Tyrone Howard, that explains how we got here and why it is important for everyone to work together to create more equitable school communities.

## **Racial Protective Factors for Black Youth: Cultivating Resilience**

### ***Virtual training***

Black children and teens are exposed to myriad risks, particularly those that emanate from the legacy of racism in this country. Yet, despite historical deficit-oriented narratives concerning them, Black youth—and their families—have continued to demonstrate positive psychosocial outcomes. In this Stress, Trauma, and Resilience (STAR) Seminar, conceptual and empirical work on mechanisms undergirding the salutary benefit of racial protective factors will be discussed. Specifically, research will be presented that addresses how diverse Black families navigate teaching their children about race.

## **Responding to Racial Injustice: Implications for Teachers and Schools**

### ***Virtual Training, 1 hour, 30 minutes***

This training provides educators and school staff with specific tools to address implicit bias and racism (systemic and relational), define essential methods to engage students in dialogue around race and racism, and will offer ideas/strategies for creating more equitable and inclusive learning experiences. Educators will also learn how systemic racism has affected BIPOC (Black, Indigenous, People of Color) communities and how disparities in learning and educational advancement impacts our students.

## **Responding to Xenophobia in Schools**

### ***Virtual Training, 30 minutes***

What is xenophobia, and what is the difference between xenophobia and racism? While the global COVID-19 pandemic has brought to surface the longstanding history of the intersection of racism and xenophobia, more specifically Sinophobia, in U.S. history against Asians and Asian Americans, less is known about what xenophobia means, what it looks like in a school setting, and its impact on the socioemotional wellbeing of immigrant-origin students. The purpose of this virtual training is to examine xenophobia as more than an attitude, but rather a systemic ostracization that is compounded by ethnicity, culture, religion, and race. At the end of the virtual training, educators will be able to define xenophobia and recognize examples in a schooling context, distinguish xenophobia from racism while understanding their intersection, and name strategies in responding to xenophobia in school.

## **Restorative Justice for Schools – Rethinking Disciplinary Action**

### ***Virtual Training, 35 minutes***

Disciplinary action like detention and suspension can often negatively impact student success. Additionally, BIPOC (Black, Indigenous, People of Color) students are disproportionately disciplined, which can negatively impact their educational experiences, and outcomes. There is a robust field of restorative practices designed to help keep learning spaces effective while helping students gain critical skills in behavior management, conflict resolution, and community building. In this session, Maisah Howard will share restorative practices and highlight how educators can begin to eradicate disproportionate punitive disciplinary action through restorative approaches to discipline.

# Educator Wellbeing

## [Creating Healing Spaces for Teachers](#)

### *Video*

Teachers have the enormous task of facilitating learning while also impacted by trauma, burnout, and grief. This video focuses on how schools can create policies and spaces for teachers that are centered in healing and racial justice principles.

## [Educators Overcoming Under Stress](#)

### *Video, 15 items (15–30 minutes)*

A series of videos to support educators and school staff. Engaging interviews explore workplace resilience and wellbeing, student and family engagement, professional development, challenges, best practices, and preparation for reopening.

## [Opportunities and Imperfections: Strategies to Support Educator Wellbeing](#)

### *Video*

The COVID-19 pandemic has put our usual way of living and working on hold. Educators are navigating student, family, and personal challenges daily. Laura McMullin, PhD has been an educator for over 20 years and shares tools to enhance wellbeing and resilience on an individual and collective level.

## [Self-Care for Educators](#)

### *Virtual Training, 1 hour*

Teachers are always being asked to do more for our communities, but rarely are given ways to care for themselves. In this virtual training, instructor Steve Hydron shares practical tools for teachers that help them manage their own wellbeing amidst a busy schedule. As a trainer on educator stress and wellbeing, Steve believes in designing self-care strategies that help educators live happier lives, while increasing their impact in their school communities. If you enjoy this virtual training, share it with a colleague to support their wellbeing too!

## [Supporting Educator Wellbeing](#)

### *Resource Collection, 8 items*

Educators are constantly being asked to do more but rarely get new self-care and personal wellbeing resources. In this collection, educators can learn self-care tools and practices that match their busy schedules. We hope you find the training and resources helpful in supporting your wellbeing as you continue to educate and serve our communities selflessly.