



# SEL and Trauma-Informed Practice Resources for Families and Staff

Trauma-informed practice and social and emotional learning (SEL) are both tools for ensuring quality learning environments for *all* students, regardless of circumstances. Though these terms identify distinct ideas and should not be used interchangeably, they are often inextricably linked in practice. Social and emotional learning is a key component of any equitable learning environment and should, like all educational practice, be trauma-informed to ensure the needs of vulnerable students are recognized and met.

---

**Trauma-Informed Instruction** is the utilization of a set of skills and competencies enabling educators to recognize indications, signals, or expressions of trauma in their students, deploy appropriate support strategies in real-time, and proactively plan for and implement instructional practices that support *all* students, not just those who have experienced trauma. When students are safe and supported in school, they are better able to focus on the work of learning.

Trauma-informed instructional practices exist within multiple tiers of support. The guidance below supports schools and systems with specific Tier I trauma-informed practices that can/should be leveraged by teachers during core content, and can benefit *all* students, not just students who have experienced trauma.

**Social and Emotional Learning** is explicit and intentional instruction about the cognitive, emotional, and social skills as well as the competencies, traits, values, and mindsets that systematically empower students to be successful as learners throughout their education and life.

According to the National Commission on Social, Emotional, & Academic Development, “When learning environments are constructed to teach these skills, attitudes, and values as mutually reinforcing and central to learning, children are better equipped to engage in rigorous academic content and learning experiences and make greater academic progress.”

## Organizations

[National Child Traumatic Stress Network \(NCTSN\)](#)

[Collaborative of Academic and Social Emotional Learning \(CASEL\)](#)

[National Center on Safe Supportive Learning Environments](#)



## Trainings

### Trauma-Informed Practice

#### *Understanding Trauma and Its Impact*

- Slide presentation and activity packet designed for training around what trauma is and who is affected, how the brain and body respond to stress, and how schools are affected by trauma
- **Activity Packet**
- **Audience:** School leaders, teachers

#### *Building Trauma-Sensitive Schools*

- Online module that can be used to introduce school and district staff to the concept of trauma-sensitive schools
- **Handout Packet**
- **Facilitation Guide**
- **Audience:** School leaders, teachers

### Social and Emotional Learning

#### *So Now What? Supporting SEL at Home Webinar*

- Webinar exploring parenting strategies for SEL and learning at home
- **Presentation Slides**
- **Audience:** Families

#### *CASEL Weekly Webinars*

- Webpage housing weekly webinars released and archived by CASEL that attend to various topics addressing how SEL can be most helpful in response to today's circumstances
- **Audience:** System and school leaders, teachers

## Readings

### Trauma-Informed Practice

#### *Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework*

- Presents a tiered approach to creating a trauma-informed school environment that addresses the needs of all students, staff, admin, and families
- **Audience:** System and school leaders

#### *Trauma-Informed Schools for Children in K-12: A System Framework*

- Summarizes the key elements of the National Child Traumatic Stress Network's System Framework for Trauma-Informed Schools



- **Audience:** System and school leaders

### ***Addressing Race and Trauma in the Classroom: A Resource for Educators***

- Outlines recommendations for educators on how to address the interplay of race and trauma and its effects on students in the classroom
- **Audience:** School leaders, teachers

## Social and Emotional Learning

### ***SEL Trends: Integrating with Academics***

- Article outlining how social and emotional learning intersects with instructional practices and academic content
- **Audience:** System and school leaders, teachers

### ***Why Social and Emotional Learning is Essential for Students***

- Discusses the critical role that SEL plays in promoting student success
- **Audience:** Teachers

### ***SEL Trends: Strengthening Adult SEL***

- Provides district insights into a common lesson in implementing SEL: focusing more on the adults in the beginning
- **Audience:** System and school leaders

### ***Teachers Are Anxious and Overwhelmed. They Need SEL Now More Than Ever.***

- Article that highlights teacher voice and considers steps leaders can take to support educators social and emotional needs
- **Audience:** System and school leaders

### ***Raising caring, confident, capable children: What parents and caregivers need to know about social and emotional learning (SEL) and why it deserves your support in school and at home***

- Flyer targeting families to inform them about social and emotional learning and provide recommendations for teaching social and emotional skills at home
- **Audience:** Families

## Tools

### Trauma-Informed Practice

#### ***Secondary Traumatic Stress and Self Care Packet***

- Packet informs educators about secondary traumatic stress and provides tools and strategies to create individual and schoolwide plans for staff self-care
- **Audience:** School leaders, teachers



### **Guiding Questions for Policies and Procedures**

- Guiding questions to explore how a school's existing policies and procedures related to discipline, communication, and safety align with a trauma-sensitive approach
- **Audience:** School leaders, teachers

### **Social and Emotional Learning**

#### **Micro SEL Three Signature Practices for Everyone... Every Day**

- Description of practices that create conditions for growth and learning across SEL competencies
- **Audience:** School leaders, teachers, families

#### **Social and Emotional Competencies Checklist**

- Introduces CASEL's five competencies of SEL and provides a checklist to consider current SEL support in classrooms or schools
- **Audience:** School leaders, teachers

#### **SEL for Parents**

- Informational video for parents on social and emotional learning
- **Audience:** Families

#### **Creating a Family Charter**

- Tool for creating an agreement that recognizes the emotional needs of family members and planning for actions that will support meeting those needs
- **Audience:** Families

#### **CASEL District Resource Center**

- Toolkit for helping school districts make social and emotional learning an integral part of student education
- **Audience:** System leaders

## **Programs**

### **Social and Emotional Learning**

#### **CASEL SEL Program Rating Tables**

- Rating tables providing information on program design, implementation support, and evidence of effectiveness for various SEL programs by grade-band
- Preschool: pgs. 22-24, Elementary (K-5): pgs. 25-30
- **Audience:** System and school leaders, teachers



### **CASEL SEL Program Rating Tables**

- Rating tables providing information on program design, implementation support, and evidence of effectiveness for various SEL programs by grade band
- Middle: pgs. 34-37, High: pgs. 38-41
- **Audience:** System and school leaders, teachers

---

### **About Instruction Partners**

**Instruction Partners** works alongside educators to support great teaching, accelerate student learning, name and address unconscious bias, and ensure equitable access to great instruction—particularly for students in poverty, students of color, students learning English, and students with disabilities.