

Social and Emotional Learning

Session Title	Session Description	Recording Link
<p>I Know My Students have ACE's Now What? Nora Ransey</p>	<p>This session is set as an implementation and management session.</p> <ul style="list-style-type: none"> • Add trauma sensitive teaching and management strategies to your educator's toolbox • Prepare for returning after a pandemic • Beyond knowing about ACEs, building resilience, and preparing all students for life-long learning 	<p style="text-align: center;">http://kea.org/uploads/media/video/aces.mp4</p>
<p>Welcome Back: Post Pandemic Return to School Linda Tyree & Amy Beal</p>	<p>Welcome Back! We are all excited about returning to school, but what will that look like? So much is still unknown! How do I help my students feel safe? What about their parents? Or my colleagues? This session will focus on mental health considerations as well as practical suggestions for a smooth re-entry.</p>	<p style="text-align: center;">http://kea.org/uploads/media/video/after-pandemic.mp4</p>
<p>Reflect and Reset: Teacher Emotional Well-being Damien Sweeney</p>	<p>This session is designed to help normalize stress for educators during this unusual time while helping them learn ways to help cope with stress and become resilient.</p> <p>Lesson Objectives: I understand that my stress, anxiety and feelings of being overwhelmed are normal. I can create a self-care plan that is truly personalized to my needs and will help me when I feel overwhelmed.</p>	<p style="text-align: center;">http://kea.org/uploads/media/video/reflect.mp4</p>
<p>Recognizing and Responding to Mental Health needs of Students upon</p>	<p>Returning to school after the declaration of a global pandemic means changes in our professional responsibilities. Before COVID-</p>	<p style="text-align: center;">http://kea.org/uploads/media/video/mental.mp4</p>

<p>Returning to School in the Aftermath of a Pandemic Sharon Todd</p>	<p>19, about four million 9 to 17-year-olds had a major mental health disorders resulting in significant impairment at home, school, and with peers. Many have called COVID-19 the "perfect storm" to exacerbate mental health concerns, or bring on new ones for our students. Caring for the whole child has never been more critical, and this session will equip you with the knowledge you need to recognize students' mental health needs and how to respond accordingly. Resources will be provided.</p>	
<p>Creating a Safe Harbor: Trauma Informed Care for School Personnel Sara Akin</p>	<p>Participants will learn the impact of trauma, its prevalence among students, and the effect it has on the developing brain. Participants will use their "trauma" lens while working to implement trauma sensitive principles and practices. This will allow participants to address the impact of trauma on students and increase their ability to succeed in school. We will explore how to integrate trauma sensitive practices within all tiers of support. This professional learning opportunity will promote resiliency and wellness among students, their families and staff.</p>	<p>http://kea.org/uploads/media/video/safe.mp4</p>
<p>Educator Self-Care to Prevent Secondary Trauma Sharon Todd & Amy Riley</p>	<p>Pandemics. First-Time Virtual Learning. Isolation. Racial Tensions. Just <u>one</u> of these factors is potentially traumatic for many adults. How can an educator be expected to lead his/her class when they feel the sting of trauma themselves? This session will focus on the dangers of secondary traumatization experienced by many educators in recent months and will offer practical strategies for self-care. Come</p>	<p>http://kea.org/uploads/media/video/self.mp4</p>

	<p>ready to take a virtual vacation and learn how to put on your proverbial "oxygen mask" before helping your students. Resources and application provided.</p>	
<p>Teaching Mindfulness to Reduce negative Student Behaviors Amy Riley</p>	<p>Are some of your brightest students unorganized, unfocused, and disruptive? Have you tried every "textbook" strategy to no avail? Wish there was a way to truly TEACH impulse control? Then, mindfulness is the technique for you! Participants in this session will not only learn practical strategies for teaching students the centuries old art of mindfulness, they will also PARTICIPATE in actual activities and have access to countless online resources. Come and learn how this one technique has changed one rural, KY school in Mercer County from a school of reaction to prevention simply by utilizing mindfulness strategies for only five minutes per week.</p>	<p>http://kea.org/uploads/media/video/teachingmindfulness.mp4</p>
<p>Race-related stress and trauma</p>	<p>The recent tragic deaths have caused race-based stress and trauma across the nation. Learn about the school counselor's role in addressing this stress and trauma and how this work aligns with the ASCA National Model and the ASCA Mindsets & Behaviors for Student Success.</p>	<p>https://videos.schoolcounselor.org/address-students-race-based-stress-and-trauma</p>