

TRAUMA SENSITIVE SCHOOLS / TEACHERS RESOURCES

- **An abundance of resources from self-care, helping other teachers and working with students:** <https://traumaawareschools.org/secondaryStress>
- **Building Trauma Sensitive Schools Packet:**
 - https://safesupportivelearning.ed.gov/sites/default/files/Building%20TSS%20Handout%20Packet_ALL.pdf
 - <https://www.edutopia.org/article/teachers-experience-vicarious-trauma>
 - https://greatergood.berkeley.edu/article/item/how_to_support_stressed_out_teachers
 - <https://www.gse.harvard.edu/news/uk/18/09/helping-teachers-manage-weight-trauma>
- **Vicarious Trauma Tool Kit:** <https://vtt.ovc.ojp.gov/>
- **PDF file – warning signs and tips – Free:** <https://www.tendacademy.ca/wp-content/uploads/2018/05/warningSigns-2018-05-20.pdf>
- **Compassion Fatigue Workbook An abundance of resources from self-care, helping other teachers and working with students:** <https://www.tendacademy.ca/product/the-compassion-fatigue-workbook-new-revised-and-expanded-edition/>

ASSESSMENTS

- **ProQoL – Personal and Organizational Assessments:** <https://proqol.org/>
- **Trauma Sensitive School Checklist:** [http://www.tolerance.org/sites/default/files/general/trauma%20sensitive%20school%20checklist%20\(1\).pdf](http://www.tolerance.org/sites/default/files/general/trauma%20sensitive%20school%20checklist%20(1).pdf)
- **Wisconsin DPI – Trauma Sensitive Schools Evaluation:** <https://dpi.wi.gov/sspw/mental-health/trauma/evaluation>

OTHER RESOURCES – EMOTIONAL INTELLIGENCE AND MINDFULNESS

- **SixSeconds.org – newsletter/resources:**
 - <https://www.6seconds.org/emotional-intelligence/subscribe/>
 - <https://www.6seconds.org/2018/10/16/expanding-your-eq-toolkit-7-tips-resources-to-cultivate-emotional-intelligence/>
- **Education Week – newsletter and resources:** https://blogs.edweek.org/edweek/finding_common_ground/2018/10/6_improvements_inspired_by_practicing_mindfulness.html
- **Center for Healthy Minds – mindfulness and other resources:** <https://centerhealthyminds.org/>