

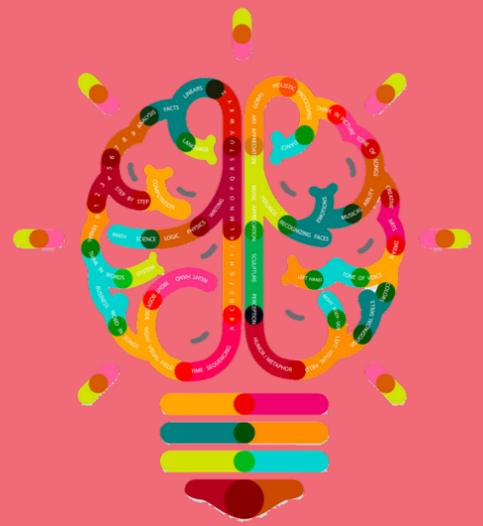
Building Relationships...

A Toolkit for Teachers in a Hybrid-Learning Environment

Trauma-Informed "Get to Know You" Activities

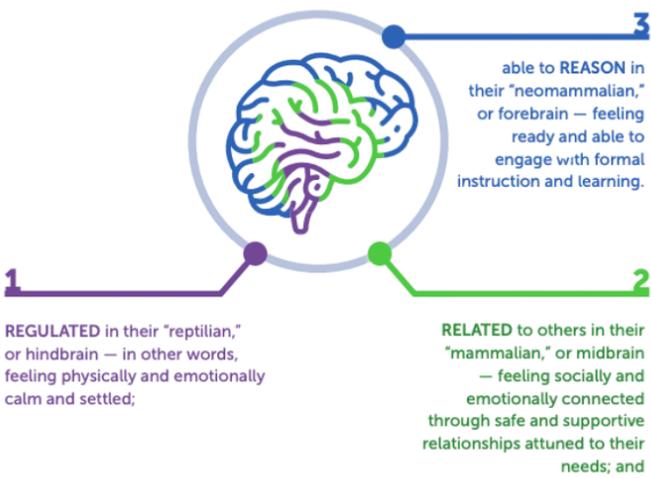
Sometimes well-intentioned "Get to Know You" activities can present unexpected challenges for students

- Replacing "What I Did This Summer" with "My Perfect Day" allows students to share their hobbies, interests, and preferences without the pressure of social comparison
- Instead of question-asking games that put students on the spot, have students generate their own questions they'd be comfortable answering in front of their peers. Pair students up and allow their partner to choose one question to ask!
- Connect with your students and begin to cultivate a classroom community by creating a "classroom tree," rather than the classic "family tree," which can be difficult for students with non-traditional family structures
- Provide students the simple but powerful writing prompt, "I wish my teacher knew..."



To reach a student's learning brain, we must ensure they...

- feel emotionally regulated and socially connected
- are welcome to explore their strengths and identities
- can exercise their agency
- can develop meaningful, positive relationships with adults and peers
- have access to the mental health supports they need



Know the Impact of Trauma: Psychological and Behavioral

Trauma can manifest as:

- Anxiety, worry, or fear
- Abrupt behavioral or mood changes
- Withdrawal, looking "spaced out"
- Aggression and confrontation
- Distraction and difficulty keeping on task
- Absenteeism or change in academic performance

Create the Space for Students to Share

Environment is everything when it comes to students' comfort with disclosing and sharing personal feelings. To cultivate a welcoming environment that promotes sharing:

- Ensure instructional materials are representative of all races, cultures, and viewpoints
- Consider displaying signage that promotes allyship and inclusivity
- Build time into your lesson plans for students to discuss important topics such as race and inclusivity; demonstrate consistency in your efforts throughout the school year

Talking with students about racial justice and equality

To broach the subject of civil unrest and racial inequality, keep in mind:

- Students will look to us to learn how to have these conversations. Teachers should model openness, honesty, comfort with discomfort, and using mistakes as learning experiences
- Keep the conversation centered around the results we all want to achieve: racial equality, equal opportunity and access for all students, etc.
- Students are the experts in their own experiences. Listening and learning from them helps us expand our own understanding, as well as allows them to feel heard and understood.

For more information: <https://neaedjustice.org/wp-content/uploads/2018/11/Racial-Justice-in-Education.pdf>



Looking for additional resources? Scan the QR code to visit Kingsway's SEL website!