

Trauma-Informed and Resiliency-Focused Schools Resources

We work to create resilient and trauma-informed individuals, schools, and communities by teaching science-based skills to support the inner balance and self-regulation of adults and children which will lead to a felt sense of safety in their bodies needed to learn, connect, and create.

| Organization | Website | Creator |
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| Community Resiliency Model | Community Resiliency Model May 7- CRM for ACEs Connection with Elaine Miller Karas Part 1 May 14-CRM forACES Part 2 | Elaine Miller-Karas Trauma Resource Institute |
| SEE Learning Social, Emotional, and Ethical Learning | SEE Learning | Emory University |
| Starr Commonwealth | Free Trauma-Informed Schools Course https://starr.org | |
| PACEs Connection | PACEs Connection | |
| Lives in the Balance: Seeing Behavior Differently- Lagging Skills | Lives in the Balance Website Ross Green Helps Explain Explosive Behavior as Lagging Skills (3 minutes) Paperwork for Lagging Skills Problem Solving Plan Sheet | Ross Green |
| Conscious Discipline | Conscious Discipline | Dr. Becky Bailey |

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| Zensational Kids | Zensational Kids Regulation Toolkit | Allison Morgan |
| Regulated Classroom "Bottom Up" Trauma Informed-Teaching | Regulated Classroom https://herethisnow.org/the-regulated-classroom/ (15 minute video Emily explains co-regulation) | Emily Daniels |
| Helping Traumatized Children Learn | Trauma-Sensitive Schools Website A School's Journey Toward Trauma-Sensitivity Video | |
| Trauma Sensitive Schools: Ducks and Lions | Trauma Sensitive Schools Resources | Melissa Sadin |
| Teaching from the Heart to the Heart SEL Blog | Teaching from the Heart to the Heart Blog | Kelly Purcell |
| George Fox University | Trauma Informed Schools Practices Textbook | Anna A. Berardi PhD., George Fox University Brenda Morton, EdD., George Fox University |

Science of Physiological Safety

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| Polyvagal Theory | Helping Body Feel Safe | Steven Porges |
| Dr. Porges- Polyvagal | Trauma and the Nervous System 5 minutes | Steven Porges |
| Polyvagal Theory | Brain, Trauma, Polyvagal | Steven Porges |
| Safety | Strategies for Feeling Safe | Peter Levine |
| Polyvagal Theory | Physiological Perspective | Steven Porges |
| Polyvagal Theory | Heart rate and nervous | Steven Porges |

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| | system - Mind/Body Connection | |
| Autonomic Nervous System: Safety and Trauma | New Science of Safety and Trauma 20 minutes | Seth Porges |

Neuroplasticity and the Brain

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| Rewiring the Anxious Brain | Rewire brain from anxiety 15 minutes | |
| Sentis | Neuroplasticity 2 minutes | |
| Mirror Neurons | Brene Brown: Sympathy vs. Empathy | Brene Brown |
| Mirror Neurons Examples | Bob Marly Car Pool Singing | |
| Science of Compassion | Science of Compassion | Emory University |

ACEs Information

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| Prevent ACEs Lesson Videos | Module 1: Introduction Module 1: Lesson 1 Module 1: Lesson 2 Module 1: Lesson 3 Module 1: Conclusion Module 2: Lesson 1 Module 2: Lesson 2 Module 2: Lesson 3 Module 2: Conclusion | CDC |
| Preventing ACEs | Preventing ACEs Resource Page Violence Prevention Article | CDC |
| Early Childhood and | How Early Childhood | Harvard University |

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| Development | Experiences Impact Development | |
| TED Talk- Nadine Burke Harris | ACEs Awareness | Dr. Nadine Burke Harris |
| ACEs Best Practices | ACEs Nadine Burke Harris- Best Practices and self-regulation | Dr. Nadine Burke Harris |
| Black Community and COVID | Black Community, COVID, and Trauma | ACEs Connection |
| ACEs Screenings | https://www.acesaware.org/ | California Screener |
| Balance ACEs with Hope | Balancing ACEs with Hope | Christina Behell |
| Resilience Film Trailer | https://kpfjfilms.co/resilience/ | |

Paper/Powerpoint Resources

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| Self Regulation | How Do You Self Regulate Questionnaire | |
| Lives in Balance | Paperwork for Lagging Skills Problem Solving Plan Sheet | Ross Green |

Teacher Self-Care

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| Teacher Self-Care | Self-Care Action Plan 5 minutes | How to Adult |
| Lion Mind Medication | Lion Mind 6 minutes | Mind, Body, Awareness Project |
| Gratitude | Gratitude Meditation | Mind, Body, Awareness Project |
| How to Meditate | How to Meditate 5 minutes | How to Adult |

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| Self-Compassion | Self-Compassion | Kristin Neff |
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Challenging Behavior as Lagging Skills

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| Lives in the Balance | Ross Green Explains Model 20 minutes Problem Solving Sheet (1 page) | Ross Green |
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Racial Justice/Black Lives Matter

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| Free Cultural Somatics - 5 session (each 15min or less) virtual course by Resmaa Menakem (author of My Grandmother's Hands) | Free Racialized Trauma Course | Resmaa Menakem |
| Black Lives Matter Instructional Library | Instructional Library | |
| The Brown Bookshelf | Kitlit4BlackLives Rally https://thebrownbookshelf.com/ | |

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