

Resources for Caring for Children and Youth in Crisis: How to Create Healing-Centered Environments in Afterschool

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Trauma-Informed Care Resources:

- [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement](#)
- [Supporting Student Resilience and Well-being with Trauma-informed Care: Educator Self-Assessment and Planning Tool](#) and [Webinar Series: Supporting Student Well-Being and Resilience with Trauma-Informed Care](#) from the [Center for Great Teachers and Leaders COVID-19 Resources](#)
- [Understanding Trauma and Its Impact](#) from the [National Center on Safe and Supportive Learning Environments](#)

Social and Emotional Learning Resources:

- [Regional Educational Laboratories Resources and Guidelines \(See SEL Section\)](#)
- [SEL Online Learning Module: Creating a Well-Rounded Educational Experience](#)
- [SEL+OST=Perfect Together: A Conference Report](#)
- [Kernels of Practice for SEL: Low-Cost, Low-Burden Strategies](#)

Staff Self-Care Resources

- [Mayo Clinic Relaxation Meditation Video](#)
- [Mindfulness & ECE Toolkit](#)
- [UCLA Mindful App & Guided Meditations](#)
- [Wisconsin Afterschool Network Archived Webinar - "June 14, 2017 Self-care and Compassion Fatigue"](#)
- **Suggested Reading: Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World, by Dr. Danny Penman**

Resources shared during the first webinar in the series:

- [Webinar Recording](#) and [Webinar Highlights & Overview \(2-Pager\)](#)
- [Turnaround for Children's Curated List of Resources for the First Webinar \(Password: context\)](#)
- [Turnaround for Children's Five Non-Negotiables for Whole Child Design](#)
- [Turnaround for Children's Resources for the Three Rs: Relationships, Routines, and Resilience](#)
- [Search Institute's Developmental Relationships Framework](#)
- [Search Institute's 4 S's Interview](#)
- [Readiness Projects Blog Post - Disruption Creates Opportunity: We Must Do Better Together](#)