

Social- Emotional Practices and Resource Tool Kit

Thank You for Joining Us!

Thank you to everyone who joined us for our [Teacher PD Launchpad](#) webinar. Here you'll find all the resources Ms. Amick mentioned in her webinar.

If you haven't, please make sure to [take your survey](#). We'd love your feedback!



Free Webinar for Teachers:

*Social-Emotional Lessons
to Support Students amidst the
COVID-19 Crisis & in
Today's Political Climate*

Hosted by Sara Amick (M.A., Education), an experienced teacher at Rocketship United Academy in Nashville.



ROCKETSHIP
PUBLIC SCHOOLS

Practices that Help Center : **Breath work and Mindfulness**

Ms. Amick discussed the importance of beginning your day, lesson, or simply when your students need it, with a centering practice. This helps students connect inside and become aware of their mind and body.

Deep breathing: [Go Noodle](#)

Deep breathing using props: [Coping Skills For Kids](#)

Mindfulness for kids : [Mindfulness exercises.com](#)

Guided audio practice : [Mindful.org](#)

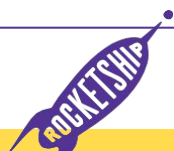
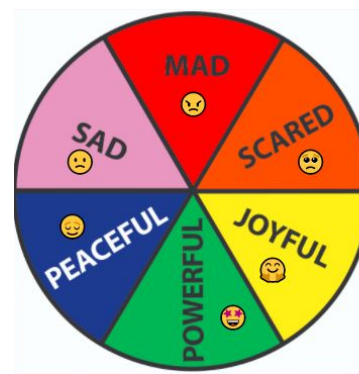


Practices that Help Center: **Feelings Check and Intuitive Movement**

Ms. Amick noted the importance of students having consistent opportunities to assess their feelings and express themselves through movement.

Tools to release stress and anxiety: [Yoga Ed](#)

Exploring Yoga with kids: [Cosmic Kids](#)



A Teacher PD Launchpad Webinar:

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Practices that Engage Students:

Ms. Amick highlighted the importance of building community and collaboration through story and how these serve as opportunities for students to discuss and process the world around them.

Building a Class Charter: [Rocketship Public Schools](#)

Social Justice Standards: [Teaching Tolerance Standards](#)

Processing Hard Conversations: [Pear Deck](#)

SEL through Story: [Social Justice books](#)

Practices that Lift-off to Learning:

Ms. Amick discussed the importance of practices that affirm and acknowledge students, as well as help them create a sense of routine throughout their day. Download the resource powerpoint deck for your classroom [here](#).

This slide deck includes the below resources:

- Wish Well board
 - Commitments
 - Affirmations
 - Celebrations
 - Preview Schedule
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Additional Resources:

Brain Smart Start tools: [Conscious Discipline](#)

Mental Health Check-ins for littles: [Apron Education](#)

Introduction to mindfulness: [Rocketship Public Schools](#)

Mindfulness + intuitive movement: [Rocketship Public Schools](#)

Combining reading and yoga: [ABC Yoga](#)

Facilitating Hard Conversations: [Teaching Tolerance](#)

Create your own stress balls and calm down jars: [Rocketship Public Schools](#)

Body tools to overcome anxiety [Flourishing Center](#)

Rocketship Distance Learning tools: [Distance Learning Launchpad](#)

BONUS Resources for Educators!

Don't forget it is also important to take care of YOU! This is a mindfulness practice I use DAILY! Click [here](#) for a printable version to share!

TAKE A SNACK BREAK

STOP - quiet your mind, body, soul

NOTICE and NAME: My mind is telling me _____. I want to _____. My body is _____.

ASK: What is really going on? Why could this be happening?

CHOOSE: What self-care tools can I use?

KEEP GOING: As best you can, let it go/set it down