

Sharing and Problem Solving Solutions

[Link to April 7 Webinar on SEL](#)

All resources: <https://sites.google.com/view/asdn-remote-teaching-sessions/home>

Social-Emotional Resources for Supporting Staff

Visible Learning Research During Distant Learning

<https://corwin-connect.com/2020/04/visible-learning-effect-sizes-when-schools-are-closed-what-matters-and-what-does-not/>

Signature Strengths. Choosing one activity each day to live from one of my top 5 strengths:

<https://www.viacharacter.org/>

Three Good Things:

<https://today.duke.edu/2018/08/one-easy-step-toward-building-resilience>

Self-Compassion strategies from Dr. Kristin Neff: <https://self-compassion.org/>

Getting ideas of things to try from the **self-care wheel**:

<https://www.olgaphoenix.com/key-offerings/self-care-wheel/>

SAMHSA Disaster Distress Hotline for those experiencing emotional distress related to a crisis: 1-800-985-5990

Online 12-Step & Recovery Meetings

–AA- <http://aa-intergroup.org/directory.php>

–NA- https://na.org/?ID=virtual_meetings

–ACA- <https://adultchildren.org/meeting-search/>

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

National Suicide Prevention Hotline: 1-800-273-8255

What culturally-responsive practices or lessons are you using? If you wish to share resources please link or list them below.

(reply in the box below)

Culturally Responsive Native Education Resources (Partial List):

Alaska Standards for Culturally Responsive Schools:
<http://ankn.uaf.edu/Publications/CulturalStandards.pdf>

Southeast Alaska Heritage:
<https://www.sealaskaheritage.org/institute/education/programs>

Yup'ik Language Immersion:
<https://www.adn.com/alaska-news/education/2018/04/22/the-latest-language-immersion-program-for-anchorage-students-yupik/>

Book: Culture in the Classroom
<https://www.amazon.com/Culture-Classroom-Indicators-Evaluating-Culturally/dp/0692715053>

LGBTQ+ Inclusive Curriculum Resources:
https://www.glsen.org/sites/default/files/2019-11/GLSEN_LGBTQ_Inclusive_Curriculum_Resource_2019_0.pdf

COVID 19 Resources for Supporting ELLs:
<https://www.colorincolorado.org/coronavirus>

Speaking Up Against Racism Amid COVID 19:
<https://www.tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus>

Apps for Students with Special Needs:
<https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter>

Resources for Supporting Student Resilience & Social-Emotional Well-Being
(reply in the box below)

7 Ways to Build Relationships During Shelter in Place:
<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>

3 Ways to Foster Student Well-Being During Crisis:
<https://www.edutopia.org/article/focusing-student-well-being-times-crisis>

Introduction to SEL Competencies:
<https://casel.org/core-competencies/>

Trevor Project (Crisis & Suicide Prevention Hotline for LGBTQ+ Youth): 1-866-488-7386
<https://www.thetrevorproject.org/>

Helping Children Cope with Media Coverage & Talking about COVID 19:
https://www.oumedicine.com/docs/ad-psychiatry-workfiles/parent_disaster_media_fact_sheet_2011.pdf?sfvrsn=2

5 Suggestions for Online Learning from Rural Schools:

<https://www.the74million.org/article/analysis-5-suggestions-from-idaho-charter-school-leaders-as-their-rural-students-switch-to-online-learning-and-2-thoughts-for-the-future/>

Supporting Grieving Students:

<https://www.edutopia.org/blog/supporting-grieving-students-anne-obrien>

Signature Strengths (For Adults & Students Ages 13+ or with Adult Assistance):

<https://www.viacharacter.org/survey/account/register#youth>

Dialogue Journals:

SEL Dialogue Journals

https://greatergood.berkeley.edu/images/uploads/Dialogue_Journals_for_High_School_.pdf

Academic Dialogue Journals:

<https://www.cultofpedagogy.com/dialogue-journals/>

30 Virtual Field Trips:

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2sfOdr6L_DNvkrW2ruFR4PqWzjLyJYdvFTpkdM13onxqASlljrdxiPFCw&pru=AAABcQfAUJ8*yQ049SWwWKPJHqKaDH2kfw

Virtual Museum Tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Building Empathy as an Antidote to Online Bullying:

<https://www.iste.org/explore/ISTE-blog/3-strategies-for-using-empathy-as-an-antidote-to-cyberbullying>