



SEL/Trauma Informed Educator

Oregon Conference of Education

**I AM A SEL COMPETENT
EDUCATOR**

**I CAN CONNECT MY ACTION TO MY FEELINGS & THOUGHTS. I
CAN NAME & DESCRIBE MY FEELINGS AND EXPRESS THEM IN A
HEALTHY WAY-VERBALLY & NON-VERBALLY**

BEGINNING

**LEARN SEL LANGUAGE &
SKILLS**

**ESTABLISH SELF-AWARENESS
GOALS FOR MYSELF AS AN
EDUCATOR**

PROGRESSING

**BUILD EXPLICIT
CONNECTIONS BETWEEN
CURRICULUM & SEL**

**INCORPORATE SEL LANGUAGE
INTO CONVERSATIONS W/
STUDENTS & FAMILIES**

EXCELLING

**CONSISTENT ASSESSING &
IMPROVING CLASSROOM
PRACTICES AND PHYSICAL
ENVIRONMENT TO BE
TRAUMA-INFORMED**

**USES FOUNDATIONAL SEL
SKILLS TO INTEGRATE
CULTURALLY COMPETENT
PRACTICES**



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BEGINNING

Take a Self-Assessment at the Center for Great Teachers & Leaders: <https://gtlcenter.org/sel-school>

Explore SEL Language & Skills at Harvard Graduate School of Education: <http://exploresel.gse.harvard.edu/terms/>

PROGRESSING

Learn about the connections between SEL & Trauma-Informed Care at the Committee for Children: <https://www.cfchildren.org/blog/2018/06/sel-and-trauma-informed-practice/>

Seek out resources and lessons on how to incorporate SEL into physical & virtual classrooms at CASEL: <https://casel.org/in-the-classroom/>

Use Resources at RAK (Random Acts of Kindness) to build awareness and skills in students: <https://www.randomactsofkindness.org/for-educators>

EXCELLING

Use Self-Guided Tools at the Teaching Tolerance website to integrate equitable, culturally competent practices: <https://www.tolerance.org/professional-development>

Tools for Assessing and Improving Resilient Classrooms at Edutopia: <https://www.edutopia.org/video/weekly-circles-students-and-faculty>

Building Daring Classrooms with Brene Brown: <https://brenebrown.com/daringclassrooms/>