

Click the following link for an informative book review

<https://www.dropbox.com/s/6uog60tpbr8qg9z/FRL%20video.MOV?dl=0>

Part 1 – Part 1 of Fostering Resilient Learner’s is all about the prevalence of trauma and learning about the ACE study. I encourage you to watch Nadine Burke Harris’s Ted Talk on “How childhood trauma affects health across the lifetime”.

<https://youtu.be/95ovlJ3dsNk>

After watching, I encourage you to dig deep into how you think trauma impacts education across the lifetime? What role does education have for our students across the lifetime?

Part 2 – Part II is about all about your own Self Awareness. This part of FRL encourages you to know what you stand for, to identify what triggers you, and avoiding power struggles. As the book states this helps you be able to be “safe enough and healthy enough” for all of your students. This goes right along with co regulation. Co regulation is how we manage our emotions with the help of another person. Co regulation is a stepping stone for our students learning on how to self-regulate.

Watch this video and think about what you do to help your students learn self-regulation.

<https://youtu.be/yRKpNaVaP84>

How does her energy and mental state affect her students? Share with your team your practices!

Part 3 – Fostering Resilient Learner’s Part III is all about relationships. Every part of our work day is filled with different relationships. From students to coworkers to parents, we very rarely work in isolation. This section breaks down ways to build relationships and challenges us to have a mind shift when we think about our students.

One way to build relationships is to create class rituals. Watch this video: <https://youtu.be/l0jgcyfC2r8>

From dance parties, to joke of the day moments, to an end of the day community circle, what is one way you can create a ritual within your classroom to build relationships?

Part 4 – Chapter 11 encourages us to think of trauma as event and not a definition. From Question 7 at the end of the chapter, I challenge you to take a few minutes to make a plan of how you can encourage a student who is downtrodden or feeling the weight of the world. How can you impact their life next week?

Part 5 – Live, Laugh, Love –The last portion of the Fostering Resilient Learners encourages you to “see the positive amid the chaos”. It encourages to practice grace, praise and self-care. We all know sometimes we have to make the positive happen. We encourage you participate in an Act of Kindness challenge. Challenge yourself, your staff, your students, or your community to commit a chosen number of Acts of Kindness and go ahead a take care of yourself...plan yourself a reward when you meet your goal!