

Classroom Teachers Pathway

- Designed for classroom teachers who want to support the mental health of their students.
- Best for people who want specific, classroom-embedded strategies for teaching mental health literacy and supporting students' mental health.

Recommended Videos

Module 1: Creating Safe and Supportive Classrooms

- [How Teachers Make Students Feel Welcome](#) (01:11)
- [How Teachers Can Show Interest](#) (01:10)
- [Welcoming Students](#) (03:23)
- [Elementary Active Listening](#) (00:46)
- [Secondary Active Listening](#) (00:51)
- [Elementary Praise](#) (00:33)
- [Secondary Praise](#) (00:36)
- [What Not to Do with Students](#) (02:02)
- [Restorative Practices](#) (01:17)
- [What makes a great classroom?](#) (01:42)
- [Developing Rules and Routines](#) (01:51)
- [Elementary Rules and Routines](#) (01:17)
- [Secondary Rules and Routines](#) (01:04)

Module 2: Teaching Mental Health Literacy and Reducing Stigma

- [Bringing Mental Health to Classroom](#) (04:27)
- [Addressing Stigmatizing Language](#) (01:11)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [Benefits of Social Emotional Learning](#) (01:18)
- [Self-Awareness](#) (04:11)
- [Self-Management](#) (04:33)
- [Promoting Self-Regulation](#) (02:31)
- [Responsible Decision-Making](#) (03:55)
- [Relationship Skills](#) (03:37)
- [Identifying Feelings](#) (02:15)
- [Social Awareness](#) (04:00)

Classroom Teachers Pathway

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [Letting Students Know You are a Safe and Supportive Person](#) (03:21)
- [Problems with Emotional Regulation](#) (01:38)
- [Problems with Executive Functioning](#) (01:50)
- [Problems with Social Skills](#) (01:46)
- [Problems with Behavior Regulation](#) (00:54)
- [Problems with Substance Use](#) (01:57)
- [How do teachers make students feel comfortable approaching them?](#) (01:40)
- [Supporting Students in Distress](#) (01:33)

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [TED Talk: How childhood trauma affects health across a lifetime](#) (16:03)
- [Adverse Childhood Experiences \(ACEs\)](#) (02:21)
- [Impact of Trauma on Brain and Learning](#) (03:55)
- [Identifying Student Adversity and Trauma](#) (01:28)
- [Creating a Sense of Safety in the Classroom](#) (00:51)
- [Creating Trust and Transparency](#) (01:34)
- [Creating Peer Support in the Classroom](#) (03:07)
- [Creating Student Collaboration](#) (02:35)
- [Creating Empowerment, Voice, and Choice](#) (03:32)
- [Creating a Culturally Inclusive Classroom](#) (01:14)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Noticing Student Distress](#) (01:14)
- [Teacher Feelings when Encountering Student Distress](#) (02:30)
- [Emotion Regulation Strategies](#) (00:42)
- [De-escalation](#) (01:22)
- [Substance Use Strategies](#) (01:58)

Recommended Text Resources

Module 1: Creating Safe and Supportive Classrooms

- [Key Terms](#) (contains key terms and definitions for all modules)
- [Building Trauma Sensitive Schools](#)

Classroom Teachers Pathway

- [Creating a Supportive Classroom Climate](#)
- [Community Building Activities](#)
- [Guide to Active Listening](#)
- [Positive Affirmations](#)
- [Strategies for Engagement](#)
- [Strategies for Welcoming Students](#)
- [Student Interest Inventory](#)
- [Bullying Guidelines for Teachers](#)
- [Restorative Circles](#)
- [Restorative Conference Facilitator Script](#)
- [National Drug and Alcohol IQ Challenge](#)
- [School Safety](#)
- [Strategies for Classroom Safety](#)
- [Symbols of Inclusion](#)
- [Take What You Need Poster](#)
- [Creating a Safe Space](#)
- [Physical Environment Guide](#)
- [Rules Within Routines Matrix](#)
- [Supporting and Responding to Behavior: Evidence-Based Classroom Strategies for Teachers](#)

Module 2: Teaching Mental Health Literacy and Reducing Stigma

- [Demystifying the Mind](#)
- [The Mental Health and High School Curriculum Guide](#)
- [School-Based Activities Toolkit](#)
- [Stress Management and Healthy Coping Activities](#)
- [Youth Mental Health First Aid](#)
- [Addressing the Mental Health Needs of Racial and Ethnic Minority Youth: a Guide for Practitioners](#)
- [Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth](#)
- [Mental Health Research: Latino Community and School Issues](#)
- [Mental Health Research: Issues Facing Latino Kids](#)
- [Creating Mental Health Bulletin Boards](#)
- [Everyday Mental Health Classroom Resource](#)
- [Language Matters](#)

Classroom Teachers Pathway

- [Replacing Stigmatizing Language](#)
- [Words and Phrases to Avoid](#)
- [Starburst Identity Chart](#)
- [Children’s Mental Health Matters!](#)
- [Make It OK](#)
- [Mental Health Week: “Be Kind to Your Mind”](#)
- [9 Truths About Eating Disorders](#)

Module 3: Fostering Social Emotional Competencies and Well-Being

- [SEL Competencies and Practices](#)
- [Habits of Mind](#)
- [SEL Activities by Grade Level](#)
- [SEL High School Resources](#)
- [Key Elements of SEL Implementation](#)
- [Tried-and-True Text Resources to Teach Teens About Empathy Strategies for Implementation](#)
- [Guiding Students to Improve Executive Functioning Skills](#)
- [Emotional Regulation Activities for Tweens and Teens Strategies for Implementation](#)
- [Making SEL More Relevant to Teens](#)
- [8 Social-Emotional Learning Activities for High School](#)
- [Adult SEL Self-Assessment](#)

Module 4: Understanding and Supporting Students Experiencing Adversity and Distress

- [Promoting Healthy Development](#)
- [Typical Child Development](#)
- [Children’s Mental Health Disorder Fact Sheet for the Classroom](#)
- [Eating Disorders among Athletes](#)
- [Identifying Student Distress](#)
- [Signs of Student Distress and Age-Appropriate Interventions](#)
- [Reflective Thinking Questions for Identifying Students in Distress](#)
- [Recognizing Anxiety in Youth Webinar and Resource Document](#)
- [Warning Signs and Symptoms](#)
- [Identifying Sources of Support for Students Experiencing Distress](#)

Classroom Teachers Pathway

- [Tips for Starting Mental Health Conversations](#)

Module 5: The Impact of Trauma and Adversity on Learning and Behavior

- [ACES Facts](#)
- [About Child Trauma](#)
- [Childhood Traumatic Grief: Information for School Personnel](#)
- [Complex Trauma: Facts for Educators](#)
- [Toxic Stress 101](#)
- [Types of Trauma](#)
- [Addressing Race and Trauma in the Classroom](#)
- [Learning for Justice Anti-Bias Framework](#)
- [Building Trauma Sensitive Schools](#)
- [Creating, Supporting, and Sustaining Trauma-Informed Schools](#)
- [Guidance for a Trauma-Informed Approach](#)
- [Integrating a Trauma-Informed Approach in PBIS](#)
- [Principles of a Trauma-Informed Approach](#)
- [Suggestions for Educators](#)

Module 6: Classroom Strategies to Support Students Experiencing Distress

- [Co-Regulation: Birth to Young Adulthood](#)
- [Self-Regulation](#)
- [Strategies for Co-Regulating with Students](#)
- [De-Escalating a Distressed Student](#)
- [Preventing Suicide: The Role of High School Teachers](#)
- [Strategies for Supporting Students: Behavior Regulation](#)
- [Strategies for Supporting Students: Emotion Regulation](#)
- [Strategies for Supporting Students: Executive Functioning](#)
- [Strategies for Supporting Students: Social Skills](#)
- [Take Action: Promote the Mental Health and Well-Being of Students](#)
- [Strategies for Supporting Students: Substance Use](#)
- [Nurturing My Mental & Emotional Health](#)