

The District MTSS Team will primarily utilize the resource: Onward: Cultivating Emotional Resilience in Staff. It provides a solid SEL framework with staff activities. This framework can and will be supplemented with other resources and activities that match our RayPec Staff needs as we deem more appropriate. The District also plans to utilize Bruce Perry's webinars that we used for the summer e-learning series.

The District MTSS team will choose a couple of activities for each habit for full staff training at each session. In addition, a deeper dive into these habits will be offered on a voluntary basis for small groups of staff who want to participate. The people who opt to do small groups will receive a book.

PD Session Framework: Each of these come with activities that help cultivate habits to achieve the desired focus of the session.

- 1) Know Yourself (focus on self-awareness and gaining clarity of your purpose)
- 2) Understand Emotions (focus on understanding emotions, accepting them and having strategies to respond)
- 3) Tell Empowering Stories (focus on interrupting distorted thoughts and beliefs, making a conscious choice about what story you tell, and rewriting the stories to be empowering and optimistic)
- 4) Build Community (focus on building a social network of support that helps bolster us through challenging moments)
- 5) Be Here Now (focus on learning to be more present and mindful in moments without judgement)
- 6) Take Care of Yourself (focus on recognizing gaps in disciplined physical self-care strategies)
- 7) Focus on Bright Spots (focus on bringing attention to strengths, assets and skills)
- 8) Cultivate Compassion (focus on cultivating compassion for yourself and others. Seeing other perspectives to allow us to empathize with others.)
- 9) Be a learner (focus on seeing challenges as learning opportunities. Cultivate curiosity when we face obstacles)
- 10) Play and Create (focus on creativity and play as a means of dealing with stress, solving problems and enjoying life)
- 11) Ride the waves of Change (focus on perseverance, patience and courage to help us manage change)
- 12) Celebrate and Appreciate (focus on individual and group celebrations as well as the practice of gratitude)