




MODULE #3 SELF-CARE AND COLLECTIVE-CARE

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<p>Key Understanding</p> 	<p>The major learning from this module:</p> <p>A resource to go deeper: STAT Program Support for Teachers Affected by Trauma and secondary traumatic / toxic stress.</p> <p><i>What this means to me: / Now that I know this I must:</i></p>
<p>Action to Take</p> 	<p>If I have 5 minutes I can: Download the CASEL Roadmap and bookmark the Critical Practice #2 to read more about Adult Collective Care practices.</p> <p>If I have 15 minutes I can: Complete the self-assessment in secondary trauma and improve your self-care and collective care plan.</p> <p>If I have an hour I can: Share and complete the Comfort Level Activity</p>
<p>Regular Practices to Transform Culture</p> 	<p>If I am ready to transform the culture I can:</p> <p>Commit to building in the small PLC debriefs into regular weekly staff meetings to build the culture around authenticity, safety and community of adults who are able to connect and share. The activity can remain the same. It can change with the recent events and needs that arise from your staff. It should model what the work is with the students and allow adults to feel confident in using this process with the students as well.</p>