

Alger Middle School Resource Guide

Education is a demanding profession that can lead to challenging emotions, stress, and secondary trauma. Explore some of the resources below to help navigate those feelings, develop a toolkit of coping strategies and ensure that your personal wellbeing and self-care takes priority.

For Families & Caregivers:

Here are some tips for talking to kids about school tragedies

- [How to Talk to Kids about School Tragedies](#)
- [Talking to Kids About Gun Violence](#).
 - This contains conversation starters such as “What do you think about what happened?”

Here is a video from USA today about how to talk to kids about gun violence

- [Video](#)

Here are mood meters - they can be used to help people identify how they feel.

- [Spanish Mood Meter](#)
- [English Mood Meter](#)

For Staff:

- For managing emotions in times of uncertainty, you can review:
 - [Emotional Wellness Toolkit](#) from the National Institutes of Health
- Tips & Tricks for Mindfulness & Wellness visit:
 - [Department of SEL Website](#)
- A 6 part, self paced course on managing emotions from the Yale Center for Emotional Intelligence
 - [Managing Emotions in Times of Uncertainty and Stress](#)
- SEL for Adults presentation from Kent ISD. Focused on recognizing challenging emotions and offering strategies to help cope.
 - [SEL. It's for Adults Too - Self-Management](#)
- Headspace offers free access to K-12 teachers that offers tools such as guided meditations, goal setting, and more to help regulate emotions and manage stress.
 - [Headspace App for Educators](#)
- Tough conversations can often arise in our schools. The document below offers some guidance in handling difficult topics.
 - [Having Challenging Conversations](#)