



# TRAUMA- SENSITIVE SCHOOLS AND CLASSROOMS

[shop.ascd.org](http://shop.ascd.org)

# The shifts in teaching and learning that you and your students have had to make over the past few months have been physically and mentally draining.

As leaders, you must be mindful of balancing your needs while empowering and engaging your students and giving them a say in their education. To ease your struggles, we have specially curated popular ASCD titles to help you address your needs and aid you as you work to meet your students' social and emotional needs during these trying times.

## About ASCD

At ASCD, we know that teaching and leading is the most rewarding challenge, which is why we have helped educators around the world adapt to changing environments by increasing their knowledge, enhancing their skills, and helping them stay motivated and connected to other educators—and to students—for more than 75 years.

For more information on programs and membership, go to [www.ascd.org](http://www.ascd.org).



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As an ASCD member, you can create and tailor your professional development from more than 15,000 resources, tagged by topic, in our members-only archives. We provide you with a wide variety of materials—magazine and newsletter articles, book chapters, webinars, and more—so that you can customize your learning.

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Most ASCD books include FREE **online study guides** that you can use in teacher team meetings, professional learning communities, or on your own. Go to [www.ascd.org/studyguides](http://www.ascd.org/studyguides) to access these valuable resources!

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[member@ascd.org](mailto:member@ascd.org)

All prices and shipping costs are estimates based on current conditions and subject to change without prior notice.

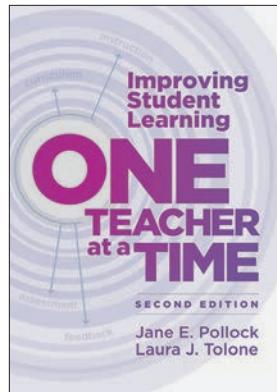


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Download your selections now at [shop.ascd.org](http://shop.ascd.org).

# New Resources

## Support Your Students' Learning and Well-Being



 ONLINE  
STUDY GUIDE

**NEW!**

### Improving Student Learning One Teacher at a Time, 2nd Edition

Jane E. Pollock and Laura J. Tolone

This book combines updated research and real-world stories to demonstrate how a sole teacher can make a difference in student performance. One key ingredient is added to the classic three-part curriculum-instruction-assessment framework—feedback. Teachers will find it easy to build better curriculum documents, research-based instruction, assessment that maximizes feedback, and feedback that tracks and reports students' progress by standards.

(ASCD Premium Member book, December 2020) 7" x 10", 144 pages

Format	List Price	Member Price
Print	\$27.95	\$22.36
E-Book	\$26.99	\$21.36
Stock #	117013C2	
ISBN	978-1-4166-2969-6	

### From Traditional Framework to the Big Four

#### Traditional CIA Framework

Curriculum

Instruction

Assessment

Focuses on the teacher and the teaching

#### The Big Four Framework

Standards-Based Curriculum

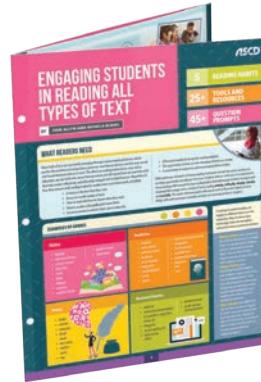
A Plan for Instruction

Varied Assessment Tasks

Standards-Based Feedback, Grading, Record Keeping, and Reporting

Focuses on the students and the learning

—From *Improving Student Learning One Teacher at a Time, 2nd Edition* by Jane E. Pollock and Laura J. Tolone. © 2020 by ASCD. All rights reserved.



**NEW!**

### Engaging Students in Reading All Types of Text Quick Reference Guide

Pam Allyn and Monica Burns

New kinds of text are constantly emerging through various media platforms, which creates exciting opportunities to embrace all the ways students can interact with what they read. Pam Allyn and Monica Burns give

you tips and tools to help students read widely, critically, deeply, closely, and socially. They also share online tools, discussion questions, and assessment guidelines built on best practice to show how teaching readers to effectively and efficiently navigate text in digital spaces can help them meaningfully engage with all types of text.

(ASCD Quick Reference Guide, 2020) 8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

Format	List Price	Member Price
Print	\$12.99	\$9.99
Stock #	QRG121059C2	
ISBN	978-1-4166-3006-7	

**NEW!**

### Giving Students a Say: Smarter Assessment Practices to Empower and Engage

Myron Dueck

Assessment, an essential part of teaching and learning, too often leads to misleading conclusions—sometimes with dire consequences for students. Educator and best-selling author Myron Dueck draws

from his firsthand experience to show you that putting student voice and choice at the center of the process can improve assessment practices so that the results are accurate, meaningful, informative, and fair.

(ASCD Premium, Select, and Institutional Plus Member book, January 2021) 7" x 10", 189 pages

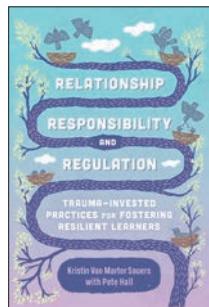
Format	List Price	Member Price
Print	\$30.95	\$24.76
E-Book	\$29.99	\$23.76
Stock #	119013C2	
ISBN	978-1-4166-2980-1	

 ONLINE  
STUDY GUIDE

# Help Meet Your Students' Social-Emotional Needs

**Educators around the globe are working through a dramatic shift in their teaching practice.**

Along with technical struggles, students are experiencing unprecedented trauma that affects their learning. For teachers, principals, and education leaders alike, managing change and helping their students cope with trauma is crucial in overcoming challenges and breaking through to success.



**ONLINE STUDY GUIDE**

**BEST SELLER!**

## Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners

Kristin Van Marter Souers with Pete Hall

In this stirring follow-up to the award-winning *Fostering Resilient Learners*, Kristin Van Marter Souers and Pete Hall take you to the next level of trauma-invested practice. To get there, they explain how you can build a "nest"—a positive learning environment shaped by three new Rs of education: relationship, responsibility, and regulation.

(ASCD book, 2018) 6" x 9", 206 pages

Format	List Price	Member Price
Print	\$31.95	\$25.56
E-Book	\$30.99	\$24.56
Stock #	119027C2	

ISBN 978-1-4166-2685-5

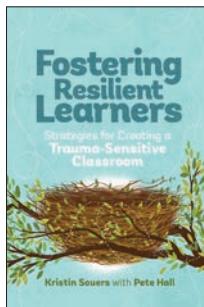
### Universal Trauma-Invested Relationship-Enhancing Strategies

The purpose of providing relationship-based interventions is to enhance connection and provide needed support for a student.

1. Say "Good morning."
2. Smile.
3. Ask questions.
4. Listen.
5. Say the person's name.
6. Say something kind.
7. Give hugs, high-fives, and handshakes.
8. Whisper-wish.
9. Work as a team.
10. Offer tangibles.



—From *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners* by Kristin Van Marter Souers with Pete Hall. © 2018 by ASCD. All rights reserved.



**BEST SELLER!**

## Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom

Kristin Souers with Pete Hall

Kristin Souers and Pete Hall explore an urgent and growing issue—childhood trauma—and its profound effect on learning and teaching. As an educator, you face the impact of trauma in your classroom every day.

Let this book be your guide to seeking solutions to building relationships that allow students to grow, thrive, and learn at high levels. Discover how you can cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and education settings.

(ASCD Premium, Select, and Institutional Plus Member book, Editor's Selection, January 2016) 6" x 9", 215 pages

Format	List Price	Member Price
Print	\$29.95	\$23.96
E-Book	\$28.99	\$22.96
Stock #	116014C2	

ISBN 978-1-4166-2107-2

**ONLINE STUDY GUIDE**

### PD ONLINE

Award-Winning Online Courses from ASCD

#### Fostering Resilient Learners PD Online Course (Reimagined)

Each year, schools are encountering more and more students who are entering the classroom burdened by the overwhelming stress of trauma or psychological scars of neglect and abuse. After taking this course, learners will understand how trauma affects learning and how to create a trauma-sensitive classroom. Through self-reflection, readings, and videos, learners will come away with instructional strategies to foster resilient learners.

(ASCD online course, 2018) Self-paced asynchronous online course. Upon completion, learners will be awarded an ASCD certificate worth up to 20 clock hours.

Stock # PD190C001SC2

[www.ascd.org/pdonline](http://www.ascd.org/pdonline)

**BEST SELLER!****Creating a Trauma-Sensitive Classroom Quick Reference Guide**

Kristin Souers and Pete Hall

Kristin Souers, a mental health counselor, and Pete Hall, a former principal, present 12 practical, easy-to-implement strategies to help students living with trauma thrive in the classroom. Based on the best-selling, award-winning book *Fostering Resilient Learners*, this laminated reference guide will give every educator the tools needed to ensure every child is healthy, safe, engaged, supported, and challenged in school.

(ASCD Quick Reference Guide, 2018)  
8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

Format	List Price	Member Price
Print	\$12.95	\$9.95
Stock #	QRG118054C2	
ISBN	978-1-4166-2621-3	

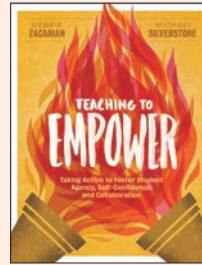
**Trauma-Invested Practices to Meet Students' Needs Quick Reference Guide**

Kristin Souers and Pete Hall

You are looking for solutions to help all your students succeed. This quick reference guide introduces the new three Rs of education: relationship, responsibility, and regulation. These three Rs will support teachers in designing interventions aimed at meeting four areas of student need: emotional, relational, physical, and control.

(ASCD Quick Reference Guide, 2019)  
8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

Format	List Price	Member Price
Print	\$12.95	\$9.95
Stock #	QRG119077C2	
ISBN	978-1-4166-2802-6	

**Teaching to Empower: Taking Action to Foster Student Agency, Self-Confidence, and Collaboration**

Debbie Zacarian and Michael Silverstone

We want our students to master academic standards, and we want them

to find meaning and satisfaction in their lives. Achieving these goals requires a concerted focus on the social-emotional skills that empower students in and beyond the classroom. In *Teaching to Empower*, Debbie Zacarian and Michael Silverstone explore what an empowered student looks like in contemporary schools and show you how to foster an inclusive culture of agency, self-confidence, and collaboration that will give each of your students the tools to become an active learner, thoughtful community member, and engaged global citizen.

(ASCD book, 2020) 7" x 9", 178 pages

Format	List Price	Member Price
Print	\$28.95	\$23.16
E-Book	\$27.99	\$22.16
Stock #	120006C2	

ISBN 978-1-4166-2854-5

**Teaching to Strengths: Supporting Students Living with Trauma, Violence, and Chronic Stress**

Debbie Zacarian, Lourdes Alvarez-Ortiz, and Judie Haynes

If you work with students who are experiencing

or have experienced trauma, violence, or chronic stress, you know that little has been written about teaching this population and doing so from a strengths-based perspective. This ASCD book outlines a comprehensive approach to teaching that focuses on students' strengths and resiliency. It also encourages educators to embrace teaching and schoolwide practices that support and enhance the academic and socio-emotional development of students living with trauma, violence, and chronic stress.

(ASCD book, 2017) 7" x 9", 204 pages

Format	List Price	Member Price
Print	\$30.95	\$24.76
E-Book	\$29.99	\$23.76
Stock #	117035C2	

ISBN 978-1-4166-2460-8

**Teaching and Supporting Students Living with Adversity Quick Reference Guide**

Debbie Zacarian and Lourdes Alvarez-Ortiz

Research demonstrates the urgent need to use an asset-based rather than a deficit-based approach when teaching students living with adversity. In this quick reference guide, Debbie Zacarian and Lourdes Alvarez-Ortiz outline five keys to supporting students living with trauma, violence, and chronic stress. The guide's strategies and examples will help teachers create a strengths-based learning environment where students feel safe, valued, and competent.

(ASCD Quick Reference Guide, 2020) 8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

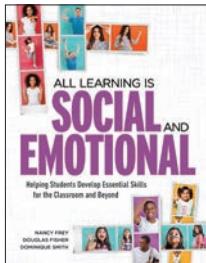
Format	List Price	Member Price
Print	\$12.95	\$9.95
Stock #	QRG120035C2	
ISBN	978-1-4166-2888-0	



# Integrate Social-Emotional Learning into Your Curriculum

How can educators integrate social-emotional learning into everyday content, and how can schools measure its impact?

Find answers to these questions and real-life examples that show you how to find opportunities for social-emotional learning within the K–12 curriculum.



**BEST SELLER!**

### All Learning Is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond

Nancy Frey, Douglas Fisher, and Dominique Smith

Your students' social and emotional development is too important to be an add-on or an afterthought. Nancy Frey, Douglas Fisher, and Dominique Smith offer you a solution that is easy to integrate into everyday content instruction that enables you to focus on teaching to kids and meeting their needs to thrive in and outside of their learning environment. No matter what subject or grade level you teach, this toolbox of strategies goes beyond standards and addresses 33 essential competencies into a five-part model of social-emotional learning.

(ASCD Premium, Select, and Institutional Plus Member book, Editor's Selection, January 2019) 7" x 9", 197 pages

Format	List Price	Member Price
Print	\$31.95	\$25.56
E-Book	\$30.99	\$24.56
Stock #	119033C2	
ISBN	978-1-4166-2707-4	



**BEST SELLER!**

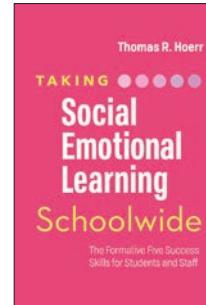
### Integrating SEL into Everyday Instruction Quick Reference Guide

Nancy Frey, Dominique Smith, and Douglas Fisher

The most effective way to foster social and emotional skill development is make it a deliberate part of classroom instruction. In this quick reference guide for K–12 teachers, Nancy Frey, Dominique Smith, and Douglas Fisher introduce you to a new approach to social-emotional learning (SEL) that shifts it from a stand-alone curriculum to its natural place as essential part of learning.

(ASCD Quick Reference Guide, 2018) 8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

Format	List Price	Member Price
Print	\$12.95	\$9.95
Stock #	QRG119030C2	
ISBN	978-1-4166-2732-6	



### Taking Social-Emotional Learning Schoolwide: The Formative Five Success Skills for Students and Staff

Thomas R. Hoerr

It's no secret that social-emotional learning is central to a well-rounded education and life outside the classroom. Thomas R. Hoerr has the ultimate blueprint that shows you how to integrate the Formative Five success skills—empathy, integrity, self-control, embracing diversity, and grit—with school culture essentials by using real-life examples, relevant findings from the research, and helpful strategies for use at all levels and with all K–12 populations.

(ASCD Premium Member book, December 2019) 6" x 9", 196 pages

Format	List Price	Member Price
Print	\$29.95	\$23.96
E-Book	\$28.99	\$22.96
Stock #	120014C2	
ISBN	978-1-4166-2837-8	

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STUDY GUIDE



### Teaching the Five SEL Skills All Students Need Quick Reference Guide

Thomas R. Hoerr

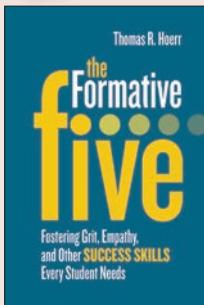
Teachers must prepare students to succeed in life, not just to do well in school. Based on the best-selling book *The Formative Five*, this quick reference guide presents the five social-emotional skills students need most: empathy, self-control, integrity, embracing diversity, and grit. These skills enable students to play meaningful roles as team members and leaders in every endeavor and any setting. This guide's strategies and suggestions will aid teachers as they help students develop the social-emotional skills that will enable them to work with others and achieve their potential.

(ASCD Quick Reference Guide, 2020) 8 1/2" x 11", 3-hole punched, 3 laminated panels, 6 pages

Format	List Price	Member Price
Print	\$12.95	\$9.95
Stock #	QRG120092C2	
ISBN	978-1-4166-2973-3	

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STUDY GUIDE

ONLINE STUDY GUIDE AVAILABLE



**ONLINE STUDY GUIDE**

**BEST SELLER!**

### The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs

Thomas R. Hoerr

For success in school and in life, students need more than academic proficiency and good test scores. Author Tom Hoerr shows how to foster the “Formative Five” attributes (empathy, self-control, integrity, embracing diversity, and grit) that today’s students need. When students are engaged in understanding and developing these five skills, mindsets change and expectations for student learning are raised.

(ASCD Premium, Select, and Institutional Plus Member book, November 2016) 6" x 9", 200 pages

Format	List Price	Member Price
Print	\$28.95	\$23.16
E-Book	\$27.99	\$22.16
Stock #	116043C2	
ISBN	978-1-4166-2269-7	

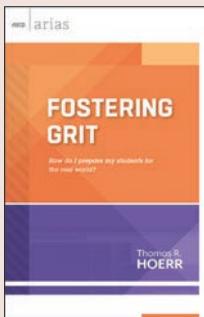
### Fostering Grit: How do I prepare my students for the real world?

Thomas R. Hoerr

In addition to teaching students how to read, write, and calculate, you want students to acquire other skills for success in the real world. That means teaching them to develop grit—a combination of tenacity and perseverance and a willingness to take risks and bounce back from failure. Explore what teaching for grit looks like, and get a sample lesson plan with self-assessments and a six-step process applicable across grade levels and content areas to help students build skills they need.

(ASCD Arias publication, 2013) 5" x 7 3/4", 48 pages

Format	List Price	Member Price
Print	\$12.95	\$9.95
E-Book	\$6.99	\$5.99
Stock #	SF113075C2	
ISBN	978-1-4166-1707-5	



**NEW!**

### Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive

Marilee Sprenger

Learn how you can awaken your students’ awareness and ensure a positive learning experience. Sprenger addresses how you can create supportive classroom environments by helping students, many of whom carry the burden of adverse childhood experiences, manage their behavior. This essential guide offers an easy-to-understand explanations of brain activity and dozens of specific strategies for all grade levels to creating and improving outcomes.

(ASCD Premium, Select, and Institutional Plus Member book, September 2020) 6" x 9", 219 pages

Format	List Price	Member Price
Print	\$30.95	\$24.76
E-Book	\$29.99	\$23.76
Stock #	121010C2	
ISBN	978-1-4166-2949-8	



### Options for Bringing SEL to Your School or District

Our Professional Learning Library, Activate, features a Social-Emotional Learning PD Pathway full of resources to help your school or district build powerful connections and nurture trauma-sensitive schools while integrating social-emotional learning strategies into everyday learning. SEL PD Pathways are designed to put your professional learning in your control. Organized around a Read, Watch, and Do learning architecture, educators will have the flexibility to learn what best works for them.

[www.ascd.org/activate](http://www.ascd.org/activate)



### Social-Emotional Learning PD Bundle

Learn how you can foster a safe and positive learning environment for your students by building relationships and connections that enable you to respond to their social and emotional needs. This 10-hour PD bundle includes a customized remote learning experiences, in which you’ll consult and collaborate with our team of skilled practitioners to devise an exceptional learning experience.

You’ll select from a combination of remote keynote speakers, collaborative workshops, and one-on-one support with our ASCD Faculty to help you integrate SEL into your learning environment.

<https://professional-development.ascd.org/main>

QR code:

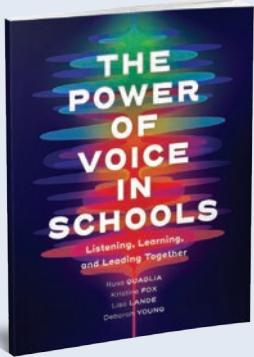




# Explore Ways to Better Manage the Stresses of Being a Classroom Teacher

Whether your school is employing in-person, virtual, or hybrid instruction, you'll need help as you work to stave off burnout and recharge your love of teaching—and ASCD is here for you.

We designed our resources to help you practice mindfulness, manage your time, and elevate your voice and the voices of your students.



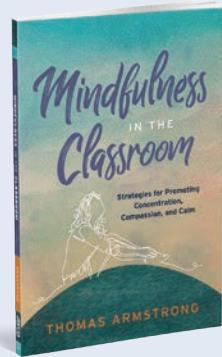
## The Power of Voice in Schools: Listening, Learning, and Leading Together

Russ Quaglia, Kristine Fox, Lisa Lande, and Deborah Young

For nearly four decades, Russ Quaglia has been laying the groundwork to transform schools through student voice. That deep commitment is reflected in this inspirational book. Quaglia and his coauthors synthesize the thoughts and feelings of hundreds of thousands of stakeholders and offer a vision for schools where everyone's voice matters. To that end, *The Power of Voice in Schools* articulates the lessons learned from listening to these voices over the past decade and suggests concrete strategies for combined teams of students, teachers, parents, and administrators to make a difference together.

(ASCD book, 2020) 7" x 10", 224 pages

Format	List Price	Member Price
Print	\$31.95	\$25.56
E-Book	\$30.99	\$24.56
Stock #	120021C2	
ISBN	978-1-4166-2899-6	



ONLINE  
STUDY GUIDE

## Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm

Thomas Armstrong

In today's schools, students and teachers feel unprecedented—even alarming—levels of stress. How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others? Author Thomas Armstrong offers a compelling answer in the form of mindfulness, a secular practice he defines as the intentional focus of one's attention on the present moment in a nonjudgmental way. Dozens of observations from students and educators provide evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning.

(ASCD Premium, Select, and Institutional Plus Member book, Editor's Selection, July 2019) 6" x 9", 160 pages

Format	List Price	Member Price
Print	\$27.95	\$22.36
E-Book	\$26.99	\$21.36
Stock #	120018C2	
ISBN	978-1-4166-2794-4	

### Practical Tips for Successful Mindfulness Programs



Have students discuss their experiences after mindful practices.



Consider the time and space for mindfulness.



Anticipate normal distractions.



Use technology.



Share your own experiences with mindfulness.



Let students be involved in leading mindful practices.



Don't use mindfulness practices as a substitute for classroom control.

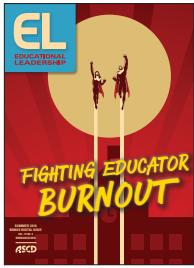
—From *Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm* by Thomas Armstrong. © 2019 by ASCD. All rights reserved.

**NEW!****Mental Health for Educators**

This issue highlights ideas and programs for promoting teacher well-being and mental health and explores ways schools can provide better supports to help stave off burnout, depression, and anxiety. Educator mental health need not be the “elephant in the classroom” any longer.

(*Educational Leadership*® magazine, December 2020/January 2021) Volume 78 | Number 4

Format	List Price	Member Price
Print	\$9.95	\$9.95
Stock #	121038C2	

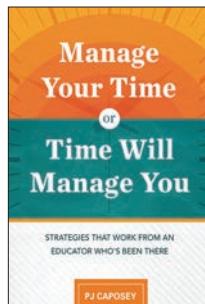
**FREE!****Fighting Educator Burnout**

This special issue of *Educational Leadership* takes a step toward redressing the balance in today's education climate by exploring ways schools and educators themselves can work to mitigate stress and burnout amid heightened accountability pressures and spiraling initiatives.

To thrive in schools, today's educators need a broad range of resources and support that go beyond the strictly academic. School systems need to be mindful of the *whole person* dimension of the often emotionally demanding work educators do.

(*Educational Leadership* magazine, online-only issue, June 2018) Volume 75

**To subscribe to *EL* and access magazine archives, go to [www.ascd.org/educationalleadership](http://www.ascd.org/educationalleadership)**

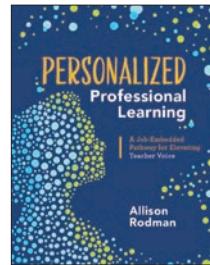
**Manage Your Time or Time Will Manage You: Strategies That Work from an Educator Who's Been There**

PJ Caposey

In this book, award-winning educator PJ Caposey goes beyond practical suggestions for time management to look at the deeper problems behind educator time management challenges and offers different roads to improvement, depending on the cause. For instance, the person who struggles with time management because he is work avoidant needs different solutions than the person who struggles with time management because she never says no to anybody. With educators' tight schedules in mind, the author helps educators better understand themselves and those they serve and make positive changes to take control of their time.

(ASCD Premium Member book, August 2018) 6" x 9", 135 pages

Format	List Price	Member Price
Print	\$25.95	\$20.76
E-Book	\$24.99	\$19.76
Stock #	119005C2	
ISBN	978-1-4166-2665-7	

**Personalized Professional Learning: A Job-Embedded Pathway for Elevating Teacher Voice**

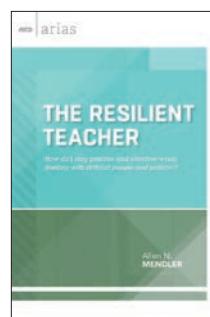
Allison Rodman

According to Allison Rodman, it's time to say goodbye to "sit-and-get, one-size-fits-all" PD sessions and embrace professional learning that meets the needs of all teachers.

Supported by research and informed by the experiences of educators across the United States, this book distills best practices for adult learning into clear advice and ready-to-use tools for leaders who are tired of the status quo and ready to commit to a professional learning model that prioritizes teacher voice and provides meaningful opportunities for co-creation, social construction, and self-discovery.

(ASCD Premium Member book, May 2019) 7" x 9", 168 pages

Format	List Price	Member Price
Print	\$28.95	\$23.16
E-Book	\$27.99	\$22.16
Stock #	118028C2	
ISBN	978-1-4166-2755-5	

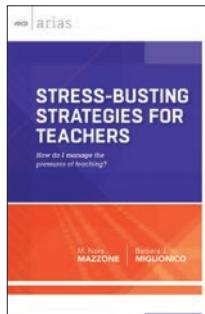
**The Resilient Teacher: How do I stay positive and effective when dealing with difficult people and policies?**

Allen Mendler

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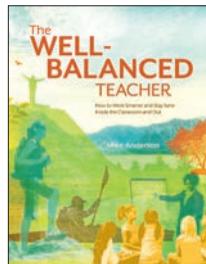
M. Nora Mazzone and Barbara J. Miglionico

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