Section Segments Key

INTRODUCTION

Provides a paragraph summary of content in the toolkit.

INFORMATION

Delves more deeply into the concepts presented in each section of the toolkit. Information is presented in various formats such as narrative, slides, links to videos, etc. The information can be shared with staff individually through email or handouts or to a small or large group of staff in presentation style by an agency's leader or the toolkit facilitator.

SELF-CARE STRATEGIES

Rather than wait until later sections of the toolkit to encounter strategies for self-care that support compassion resilience, each section offers an activity related to the wellness compass. Experience the benefits of these strategies and prepare for the four sections that explore them more fully.

WHAT'S NEXT

Introduces the next section of the toolkit.

APPLICATIONS

Offer activities to engage individuals, small groups, or whole staff in making the content relevant to their experience in your school community. Activities are targeted towards either school leadership or staff.

LINKS

Internet links that are woven into the content are pulled out and listed for easy access. Links to other related resources are also listed.

Application activities can be:

INDIVIDUAL   SMALL GROUP   LARGE GROUP