

# Building Resiliency

## Returning to School in Uncertain Times

### E-Course Overview

#### SECTION 1: Safety

##### CORE MODULES

- #1: The Brain Smart® Start with Kim Hughes
- #2: Self-Regulation with Dr. Becky Bailey
- #3: The Brain State® Model with Dr. Becky Bailey
- #4: Noticing with Dr. Becky Bailey
- #5: Composure with Vicki Hepler
- #6: Adult Assertiveness with Kim Hughes
- #7: Visual Routines with Kim Jackson

##### AGE-SPECIFIC TRACKS

- #1: Safety Starts with You  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #2: Teaching Composure & The Safe Place™  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #3: School-Wide Implementation  
(Administrators)
- #4: Creating a CDAT Team to Lead the Way  
(Administrators)

#### SECTION 2: Connection

##### CORE MODULES

- #1: Brain Smart® Start with Kim Hughes
- #2: Wiring the Brain for Optimal Learning  
with Dr. Becky Bailey
- #3: Encouragement with Lety Valero
- #4: The School Family™ with Amy Speidel
- #5: Empathy with Elizabeth Montero-Cefalo
- #6: Choices with Angela Fraley
- #7: Uncertainty and Trauma with Dr. Becky Bailey

##### AGE-SPECIFIC TRACKS

- #1: School Family™ Rituals  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #2: School Family™ Structures  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #3: It Starts with the Staff (Administrators)
- #4: Making a Plan for an Uncertain Year  
(Administrators)

#### SECTION 3: Problem-Solving

##### CORE MODULES

- #1: Brain Smart® Start with Kim Hughes
- #2: The Brain and Executive Skills  
with Dr. Becky Bailey
- #3: Positive Intent with Amy Spiedel
- #4: Child Assertiveness with Vicki Hepler
- #5: Consequences with Karen Hickman
- #6: Rage and Biting with Jill Molli

##### AGE-SPECIFIC TRACKS

- #1: Problem Solving & Social Skills  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #2: Using Executive Skills  
(Pre-K, K-2nd, 3rd-5th, Special Needs)
- #3: Creating a Care Room (Administrators)
- #4: Coaching after Professional Development  
(Administrators)

#### BONUS

##### SPECIALTY TRACKS

- It's My Job to Keep You Safe
- Creating the School Family in Non-Traditional Classrooms
- Supporting the Emotional Needs of All (Mental Health Professionals)
- Conscious Discipline Skills & Structures with Secondary Kids (Middle School & High School)

