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Receive guidance and support for meeting the social, emotional, and academic needs of your students this year and beyond.

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You have a vision for change and improvement in your school or district. You want to see results in the classroom for the lifelong betterment of your students. Like many educators, you may be doing more with less, and you are always looking for ways to improve.

At Solution Tree, we share your vision to transform education to ensure learning for all, and we can help you make this vision a reality.

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Solution Tree is a leading provider of research-based professional learning products and services developed by **highly vetted and qualified experts in education**. Since 1998, we've helped more than one million educators navigate challenging issues that lie in the path of student success. Here is how Solution Tree supports educators in the vital work they do every day:

Research-based content

Whether you're working to build or improve a professional learning community, implement quality instruction that meets the needs of all students, or strengthen assessment and intervention practices, you can trust that **Solution Tree offers resources and professional development that are credible, research-based, and effective.**

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Results-driven services

We maintain relationships with our clients and measure feedback to ensure that our PD is effective.

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Table of Contents

Trauma-Informed Practices 4

SEL and Instruction..... 10

Classroom Management and Behaviour 16

Educator Wellness 18

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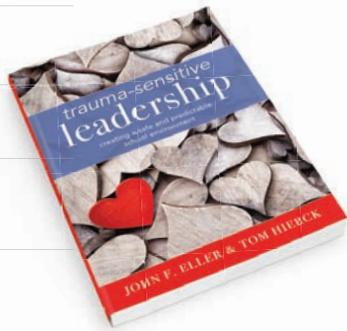
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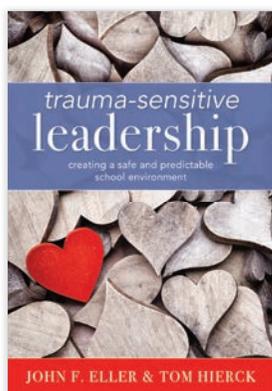
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Leadership; Classroom Management & Behaviour; Violence & Crisis Prevention; Social-Emotional Learning

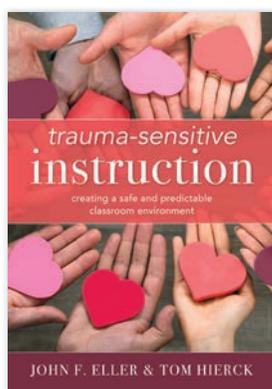
Trauma-Sensitive Leadership **NEW**

Creating a Safe and Predictable School Environment

By John F. Eller and Tom Hierck

Lead a foundational shift in the way your school approaches student behaviour. Using straightforward language, the authors offer research-based, practical strategies for understanding and supporting trauma-impacted students and providing a safe environment for them to learn.

- Understand childhood trauma and the impact traumatic experiences have on both students and educators.
- Develop a trauma-sensitive attitude and mindset to help lead teachers in supporting students experiencing trauma.
- Examine school structures and environments that support trauma-sensitive practices while recognizing those that may contribute to trauma.
- Learn how to develop trusting and positive relationships with trauma-impacted students and their families.



22BCTG-C4A-BKF847
\$42.00 CAD
ISBN 978-1-949539-95-0

Classroom Management & Behaviour; Instruction; Violence & Crisis Prevention; Social-Emotional Learning

Trauma-Sensitive Instruction

Creating a Safe and Predictable Classroom Environment

By John F. Eller and Tom Hierck

Confidently and meaningfully support your trauma-impacted students with this accessible resource. The authors draw from their personal and professional experiences with trauma, mental health, and school culture to provide real insight into what you can do now to help learners build resilience and achieve at high levels.

- Understand childhood trauma and the impact traumatic experiences have on learners.
- Develop a trauma-informed attitude and mindset.
- Examine classroom structures that support trauma-sensitive practices while recognizing those that may contribute to trauma.
- Gain effective classroom management strategies and techniques to support all students, including those experiencing trauma.



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EXPERT Q&A



John F. Eller,
author



Tom Hierck,
author

How do you define “trauma-sensitive instruction”?

Trauma-sensitive instruction involves establishing and reinforcing a foundation where students have a safe and predictable classroom environment that helps them learn and develop resilience to move beyond the traumatic situations they face. Trauma-sensitive teachers seek to understand the situations their children face, then design and use instructional strategies that meet the needs of these and all of the children in their classes. Rather than asking, “What’s wrong with this child?” trauma-sensitive teachers ask, “What’s happened to this child?” They use the strengths of the child to further the growth opportunities.

How does this book help teachers provide a safe environment for their learners?

We provide information for teachers to understand the issues that trauma can cause and develop strategies and ideas to implement that can moderate these impacts. The information is presented in a practical, straightforward, and commonsense manner so busy teachers can access it quickly and move forward in implementing it. Teachers will be able to build on their present strategies and strengths rather than having to totally change everything about their practice. There are numerous stories and examples presented that contain information from real classroom situations that can be applied.

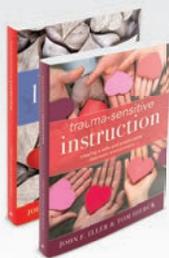
How can school leaders support this work?

School leaders serve a pivotal role in the success of their teachers and schools in becoming trauma-sensitive, including:

- Providing opportunities to increase their awareness of childhood trauma
- Providing opportunities for educators to collaborate to generate new strategies and garner support
- Establishing and maintaining the school culture needed for caring and success
- Communicating the importance of implementing trauma-informed instructional practices
- Assisting teachers in the development of schoolwide processes, procedures, and expectations

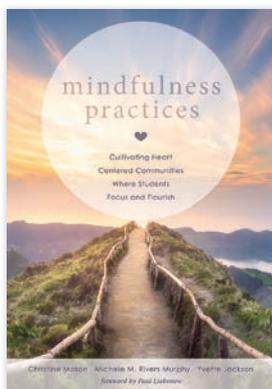
When principals are aware of childhood trauma, they can support their teachers and students on the journey to becoming trauma-sensitive.

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Classroom Management & Behaviour; Instruction; Diversity & Equity; Social-Emotional Learning



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Mindfulness Practices

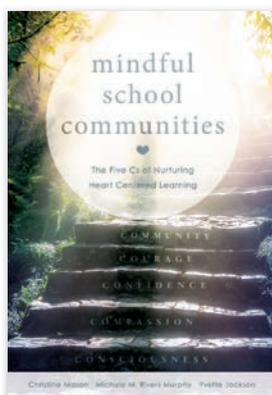
Cultivating Heart-Centered Communities Where Students Focus and Flourish

By Christine Mason, Michele M. Rivers Murphy, and Yvette Jackson

Foreword by Paul Liabenow

Build compassionate school communities that prioritize high levels of learning and high levels of well-being. Based on the latest neuroscience research, *Mindfulness Practices* details how to use mindfulness to transform the way educators teach and students learn in prekindergarten through high school.

- Explore the theory behind mindful education, including the interrelated nature of physiology, cognition, emotions, and mindfulness for students.
- Learn how mindfulness in schools contributes to a positive mindset, alleviates the impact of toxic stress, and takes advantage of neuroplasticity.
- Understand the effects of trauma and ACEs (adverse childhood experiences) on student behaviour and the ability to learn, and discover trauma-informed practices that support healing.



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Social-Emotional Learning; Instruction; Classroom Management & Behaviour



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Mindful School Communities

The Five Cs of Nurturing Heart-Centered Learning

By Christine Mason, Michele M. Rivers Murphy, & Yvette Jackson

Build a thriving school community that creates healthy, resilient, and successful students. A companion to *Mindfulness Practices*, this research-backed guide outlines how to teach self-regulation by fostering the five Cs of social and emotional learning and mindfulness: consciousness, compassion, confidence, courage, and community.

- Benefit from exercises that infuse social and emotional concepts and 21st century skills into academic curriculum across subjects and grade levels.
- Discover ideas for incorporating historical examples of consciousness, compassion, confidence, courage, and community into classwork.
- Learn ways to assess the five Cs elements, including the research-based S-CCATE tool, to provide evidence for what might seem unquantifiable.



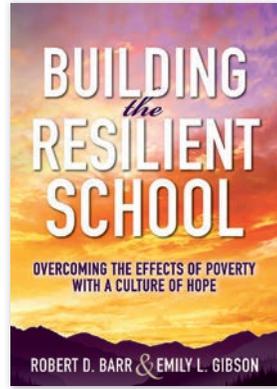
Building the Resilient School

Overcoming the Effects of Poverty With a Culture of Hope

By Robert D. Barr and Emily L. Gibson

Fight against the epidemic of poverty in the 21st century by embracing an innovative new vision of public schooling. With the guidance of this practical, research-driven resource, you will discover a model for building resilient schools that helps students work through their emotional and mental health needs, connect with caring adults, and find purpose for their lives.

- Study the widespread poverty that currently exists in the school systems.
- Understand the ways poverty traumatizes students, impedes their mental development, and damages and interferes with their ability to learn.
- Become familiar with secondary trauma and the ways educators can be traumatized by the compassion fatigue of working in communities that experience high rates of poverty.



22BCTG-C4A-BKF836
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*School Improvement;
Youth at Risk; Diversity
& Equity; Social and
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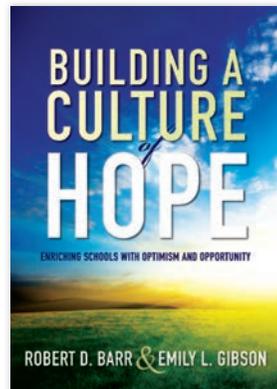
Building a Culture of Hope

Enriching Schools With Optimism and Opportunity

By Robert D. Barr and Emily L. Gibson

Discover a blueprint for turning low-performing schools into cultures of hope. The authors draw from their own experiences working with high-poverty, high-achieving schools to illustrate how to support students with an approach that considers social as well as emotional factors.

- Understand the relevance of Maslow's hierarchy of needs and positive psychology in K–12 education.
- Discover tested strategies behind the success of high-poverty, high-achieving schools in closing the achievement gap.
- Learn how to create intrinsic motivation for students impacted by adverse childhood experiences (ACEs) and support them in overcoming learned helplessness.



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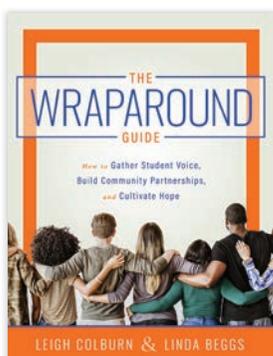
*School Improvement; Youth
at Risk; Diversity & Equity;
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Youth at Risk; Diversity & Equity; School Improvement; Leadership; Violence & Crisis Prevention; Family & Community; Student Engagement; Social-Emotional Learning



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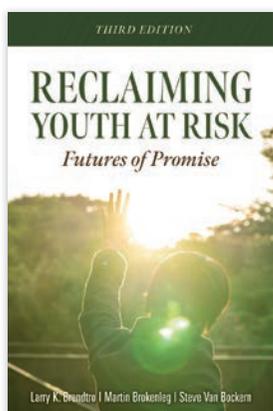
The Wraparound Guide

How to Gather Student Voice, Build Community Partnerships, and Cultivate Hope

By Leigh Colburn and Linda Beggs

Your school has the power to help students overcome barriers to well-being and achievement—from mental health issues to substance abuse to trauma. With this timely guide, discover actionable steps for launching and sustaining wraparound services embedded within your school that support the whole child.

- Recognize the impact of outside influences on students and how they affect their classroom learning.
- Design processes to hear student voices and identify their needs.
- Forge relationships with students and establish community partnerships.



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Youth at Risk; Diversity & Equity; Violence & Crisis Prevention; Social-Emotional Learning



Read The Main Idea book summary. Visit SolutionTree.com//ca/Reclaim

Reclaiming Youth at Risk

Futures of Promise

By Larry K. Brendtro, Martin Brokenleg, and Steve Van Bockern

Third Edition Empower your alienated students to cultivate a deep sense of belonging, mastery, independence, and generosity. This fully updated edition of *Reclaiming Youth at Risk* merges Indigenous knowledge and Western science to create a unique alternative for reaching disconnected youth. Use the book's new neuroscience research, insights, and examples to help establish positive relationships, foster prosocial behaviours, and inspire every young person to thrive and overcome.

- Study the four hazards that dominate the lives of youth at risk: relational trauma, failure as futility, powerlessness, and loss of purpose.
- Learn how cultivating the Circle of Courage values of belonging, mastery, independence, and generosity can combat the four hazards.
- Explore a unique strengths-based approach for reclaiming discouraged or alienated youth.



4

Stages of Developing Your Wraparound

SERVICES



PREVENTION

Look at your practices that promote positive social-emotional health and wellness, such as establishing positive, relational classroom management; engaging students in a schoolwide antibullying curriculum; or hosting prescription drug information and take-back events to prompt parents to clean out their medicine cabinets.



EDUCATION

Think about educating and raising awareness within the classroom and beyond. Include school faculty, parents, and the broader community in planned activities.



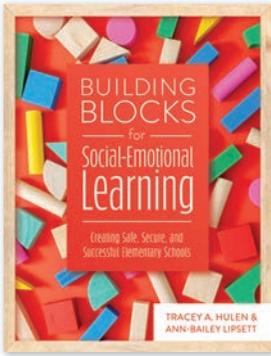
SUPPORT

Provide support to students who are in need of assistance or if a disciplinary infraction requires staff intervention. Intervention actions and services may offset suspension time or aim to improve a student's well-being or restore a student's relationship with another person or the school.



SUSTAINABILITY

When students transition out of situations requiring the close contact of intervention and support, aim to help them develop self-regulation skills to sustain their progress.



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*Social-Emotional Learning;
Instruction; Professional
Learning Communities*



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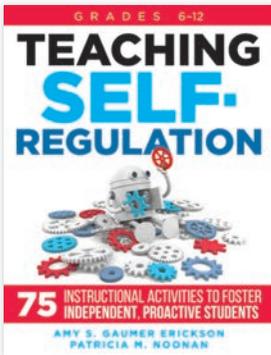
Building Blocks for Social-Emotional Learning **NEW**

Creating Safe, Secure, and Successful Elementary Schools

By Tracey A. Hulen and Ann-Bailey Lipsett

Support the growth of your students with meaningful, effective social-emotional learning. You'll engage in deep reflection and discover ways to refine instruction, lesson planning, and assessment; promote whole-child development; and foster a productive learning environment for all.

- Gain a deeper understanding of students' neurological development.
- Learn the benefits of social-emotional learning.
- Create a culture of social-emotional learning across entire schools.
- Plan and teach for social-emotional learning.



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*Instruction; Student
Engagement; Social-
Emotional Learning*



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Teaching Self-Regulation **NEW**

Seventy-Five Instructional Activities to Foster Independent, Proactive Students, Grades 6–12

By Amy S. Gaumer Erickson and Patricia M. Noonan

Self-regulation fuels students to become socially and emotionally engaged, lifelong learners. With this timely resource you'll gain 75 instructional activities to teach self-regulation in any secondary classroom. Ample teacher-tested tools and templates are also included to help you create authentic learning experiences and deliver effective feedback.

- Explore the four components for successful self-regulation—(1) plan, (2) monitor, (3) adjust, and (4) reflect.
- Develop students' planning abilities for both personal and academic goals.
- Guide students in adjusting plans when faced with obstacles.
- Study real-life scenarios of how to shift from regulating for students to coaching students to self-regulate.



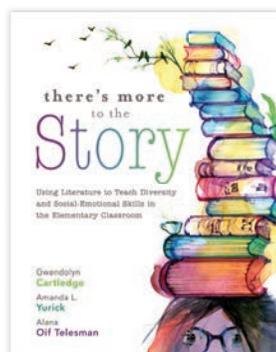
There's More to the Story **NEW**

Using Literature to Teach Diversity and Social-Emotional Skills in the Elementary Classroom

By Gwendolyn Cartledge, Amanda L. Yurick, and Alana Oif Telesman

In this valuable resource, the authors share recommendations for diverse, culturally relevant, quality children's literature that explores important aspects of social-emotional learning. In each chapter, book suggestions are paired with activities that promote positive self-reflection and compassionate action toward others.

- Gain a basic understanding of social-emotional learning and concepts.
- Discover why literature is an effective tool for conveying diversity issues and social-emotional concepts.
- Engage young students with literature and activities to help them understand complex issues.
- Integrate literature from a vast array of diverse groups into classroom learning to broaden cultural understanding.



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*Diversity & Equity;
Instruction; Social-
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Finding Your Blind Spots **NEW**

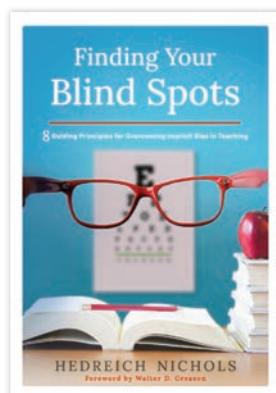
Eight Guiding Principles for Overcoming Implicit Bias in Teaching

By Hedreich Nichols

Foreword by Walter D. Greason

Author Hedreich Nichols infuses this book with a direct yet conversational style to help you identify biases that adversely affect your practice and learn how to move beyond those biases to ensure a more equitable, inclusive campus culture.

- Recognize your own personal biases and how they affect the classroom.
- Learn how your language can reinforce discrimination and how to choose inclusive language instead.
- Understand gender and sexuality and how they relate to identity.
- Discover ways to celebrate and foster diversity daily.

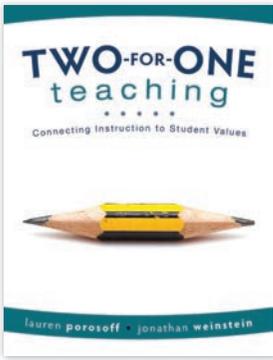


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*Diversity & Equity; Social-
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Instruction; 21st Century Skills; Student Engagement; Social-Emotional Learning



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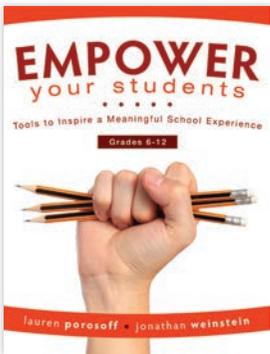
Two-for-One Teaching

Connecting Instruction to Student Values

By Lauren Porosoff and Jonathan Weinstein

Prepare students to live fulfilling lives by making their learning meaningful. In *Two-for-One Teaching*, authors Lauren Porosoff and Jonathan Weinstein outline how to seamlessly incorporate social-emotional learning into academic classrooms. Empower students to discover what matters to them using research-based strategies that foster agency, community, self-reflection, and vitality in the classroom.

- Develop an understanding of what values are, how they impact the way we live, and the need for students to choose and live their own values.
- Understand how to develop a classroom culture of willingness and encourage student empowerment.
- Help students approach academic work in ways that align with their values.



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Instruction; 21st Century Skills; Student Engagement; Social-Emotional Learning



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EMPOWER Your Students

Tools to Inspire a Meaningful School Experience, Grades 6–12

By Lauren Porosoff and Jonathan Weinstein

Discover how to use the elements of EMPOWER—exploration, motivation, participation, openness, willingness, empathy, and resilience—to make school a positive, meaningful experience in your students' lives. This highly practical resource offers enjoyable, engaging classroom activities, as well as strategies for refining teaching practices, incorporating student values into course content, and deeply connecting with learners.

- Understand what values are and how they are different from preferences and goals.
- Discover how to help students determine what values they want to enact at school and in life.
- Examine how to incorporate values work into the classroom curriculum in all disciplines.
- Explore examples of classroom experiences that highlight the importance of student empowerment.



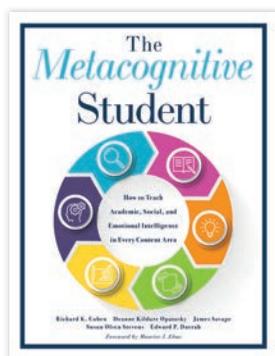
The Metacognitive Student

How to Teach Academic, Social, and Emotional Intelligence in Every Content Area

By Richard K. Cohen, Deanne Kildare Opatosky, James Savage, Susan Olsen Stevens, and Edward P. Darrah

What if there was one strategy you could use to support students academically, socially, and emotionally? It exists—and it's simple, straightforward, and practical. Dive deep into structured SELF-questioning and learn how to empower students to develop into strong, healthy, and confident thinkers.

- Grasp the severity of the stress and anxiety teachers and students face in schools and how metacognitive SELF-questioning can reduce both.
- Learn to implement effective SELF-questioning into academic instruction to foster both academic and social-emotional learning (SEL).
- Review scenarios that depict use of the SELF-questioning strategy in every content area and grade level.
- Gain insight into how advanced SELF-questioning can achieve transfer of learning in the classroom to any academic or social context.



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*Instruction;
Brain-Compatible Learning;
Social-Emotional Learning*



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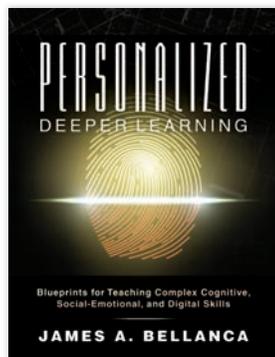
Personalized Deeper Learning

Blueprints for Teaching Complex Cognitive, Social-Emotional, and Digital Skills

By James A. Bellanca

Foster deeper learning with two templates—one for students, the other for teachers—that increase student agency and learning transfer within critical skill sets. Any teacher—regardless of grade, existing curriculum, or student load—can adapt, scale, and sustain these powerful personalized learning plans.

- Explore the three critical skill sets needed to thrive in the 21st century: (1) complex cognitive, (2) social-emotional, and (3) digital.
- Learn how to foster a trusting learning environment that enhances student engagement.
- Understand how digital-management tools, electronic templates, and websites can help transform the classroom into a place where students experience deeper learning.



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*Instruction; Technology;
21st Century Skills; Student
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Emotional Learning*

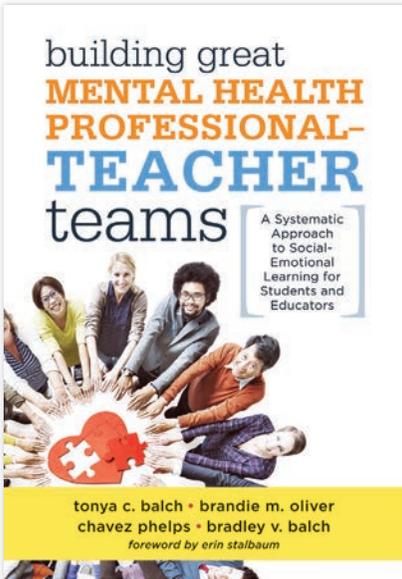


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Build teams committed to whole-child success



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*Social-Emotional Learning;
 Classroom Management & Behaviour;
 Violence & Crisis Prevention*



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The book is amazing and much needed.”

—Deb Lecklider, professor; director,
 Experiential Program for Preparing
 School Principals, Butler University

NEW

Teaching is no longer only about academics—it has become about educating the whole child. Practical and research-based, this resource details how teachers, school counselors, psychologists, and social workers can harness their collective power to support every student’s social-emotional needs.

Benefits

- Discover how cognitive science and neuroscience can help educators better understand challenging students and plan interventions.
- Understand why teams, rather than just groups, matter and how they can achieve true team cohesion through practical advice for connection building and goal setting.
- Develop greater sensitivity to the needs of a diverse array of students, and discover ways to build trust, respect, and inclusivity within schools.
- Learn how to examine and resist one’s own implicit biases.
- Gain a deeper understanding of how social-emotional learning (SEL) positively impacts students and classrooms and how to incorporate it into everyday instruction.
- Access professional development activities designed to help teams enact each chapter’s content and strengthen the group dynamic.



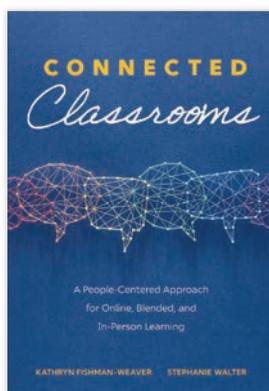
Connected Classrooms **NEW**

A People-Centered Approach for Online, Blended, and In-Person Learning

By Kathryn Fishman-Weaver and Stephanie Walter

Shift your mindset of online and blended learning from “backup plan” to unprecedented opportunity for rich connections and high-level learning. New and veteran teachers alike will gain insight on how to build relationships that support social-emotional learning, equitable and inclusive instruction, and academic success.

- Understand why relationship-building is fundamental to student success and gain best practices for establishing this foundation.
- Discover new blended, online, and in-person strategies for strengthening connections with your diverse students.
- Gain strategies for offering instruction that is affirming, representative of our diverse world, and rooted in equity.



22BCTG-C4A-BKG075
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Technology; 21st Century Skills; Diversity & Equity; Social-Emotional Learning

Small Changes, Big Impact

Ten Strategies to Promote Student Efficacy and Lifelong Learning

By Anthony R. Reibel and Matt Thede

Discover a pathway to improvement that is simple and field tested. Designed as a practical guide to school reform, this resource outlines a series of ten small-scale changes powerful enough to make a lasting impact in schools and districts.

- Understand how to redefine student success as efficacy and ownership of learning.
- Gain research-based instructional strategies and teaching methods for creating student-centered mission statements that promote student success, self-reliance, and social-emotional learning (SEL).
- Explore how to use performance-based assessments as a process for learning.

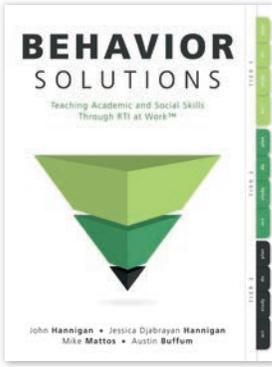


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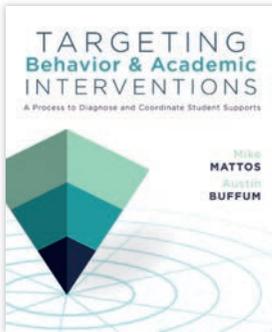
Behaviour Solutions

Teaching Academic and Social Skills Through RTI at Work™

By John Hannigan, Jessica Djabrayan Hannigan, Mike Mattos, and Austin Buffum

Take strategic action to close the systemic behaviour gap with *Behaviour Solutions*. This user-friendly resource outlines how to utilize the PLC at Work® and RTI at Work™ processes to create a three-tiered system of supports that is collaborative, research-based, and practical.

- Become familiar with student behaviours, emotions, and mental states and the challenges they provide to the implementation of educational initiatives.
- Learn why it is necessary for schools to embrace the PLC at Work and RTI at Work processes to ensure students' behavioural success with a multitiered system of supports (MTSS).
- Study each tier of behavioural support—prevention, intervention, and remediation—to foster social-emotional learning (SEL).



22BCTG-C4A-DVF072
\$227.50 CAD
 ISBN 978-1-945349-19-5

RTI at Work; Classroom Management & Behaviour

Targeting Behaviour and Academic Interventions

A Process to Diagnose and Coordinate Student Supports

By Mike Mattos and Austin Buffum

Bestseller Students at risk of not acquiring essential academic skills also often experience behaviour problems. With this unscripted video workshop, your team will learn how to use the Pro-Solve Process to determine the causes and potential solutions for students in need of interventions.

- View high-quality footage demonstrating the Pro-Solve Process in real teacher team settings.
- Explore in depth the Pro-Solve Process and five guiding questions to effectively implement it step by step.
- Peruse the facilitator's guide with tailored activities and strategies to reinforce participants' knowledge.



EXPERT Q&A



John
Hannigan,
author



Jessica Djabrayan
Hannigan,
author



Austin
Buffum,
author



Mike
Mattos,
author

What challenges were you seeing in schools that motivated you to write this book?

A school's mindset to support students who struggle to learn is different from when students struggle to behave. For instance, when a student struggles with reading, educators generally respond with compassion and are ready to do whatever it takes to support that student and close the gap. But when a student struggles with behaviour, the response is usually one of frustration.

We've also seen an increase in mental health needs and social-emotional needs in schools over time. With this book, our goal is to give educators the know-how to fully support students in the same way behaviourally as they do academically.

How does this book specifically help educators address these challenges?

Very few actions are ever taken to actually teach the children the behaviours that we want them to demonstrate. Historically, we've just tried to scare students into better performance. But we know that exclusionary practices, such as detention or withholding recess, do not work.

This book delivers a plethora of specific practices, processes, tools, and templates—all aligned to the RTI at Work™ and PLC at Work®

processes—that teachers, teams, and entire school communities can use to support students in positive, productive ways. *Behaviour Solutions* also builds upon two foundational PLC and RTI resources: *Learning by Doing* and *Taking Action*. By using these three resources together, educators will have everything they need to fully implement an effective multitiered system of supports (MTSS).

What is one key mindset, strategy, or practice you'd like educators to take away from this book?

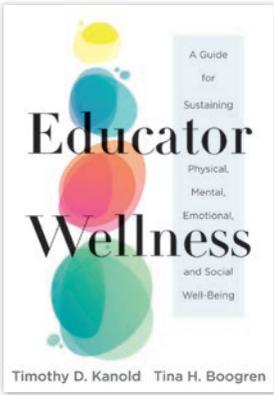
We must treat behaviour the same as academics. Behaviour skills are not genetic—they are taught. As educators, we shouldn't assume that teaching these skills is a job that needs to be done in the home. If we're not pleased with the way students are acting, we need to take the time to teach the behaviours that we want learners to demonstrate.

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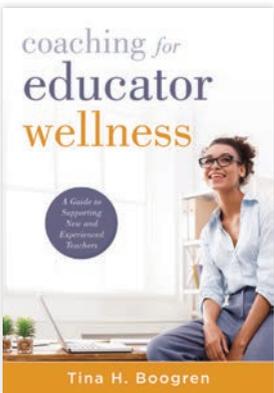
Educator Wellness

A Guide for Sustaining Physical, Mental, Emotional, and Social Well-Being

By Timothy D. Kanold and Tina H. Boogren

How do we bring our best selves to our students and colleagues each day? Designed as a reflective journal and guidebook, *Educator Wellness* will take you on a deep exploration where you will uncover profound answers that ring true for you.

- Use this resource on your own or as a book study to guide staff through a reflective, goal-setting process.
- Discover the importance of self-care for educators and how a commitment to well-being leads to a more fulfilling life in and outside of the school setting.
- Review the four dimensions of educator self-care and wellness—physical, mental, emotional, and social—and their 12 corresponding routines.
- Explore activities to sustain well-being in the face of workplace overload and potential burnout.



22BCTG-C4A-BKF989
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Teacher Efficacy; Instruction;
Social-Emotional Learning



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Coaching for Educator Wellness

A Guide to Supporting New and Experienced Teachers

By Tina H. Boogren

Acquire evergreen coaching strategies alongside fresh new solutions for differentiating support for new and veteran teachers, addressing teacher self-care, and more. You'll turn to this resource again and again as you continue to improve your craft and help teachers find their own greatness.

- Review research surrounding best teacher coaching practices.
- Explore strategies for differentiating coaching practices for teachers at every stage of their career.
- Study the four types of support, and learn how to match support to meet each teacher's needs during different phases of the school year.



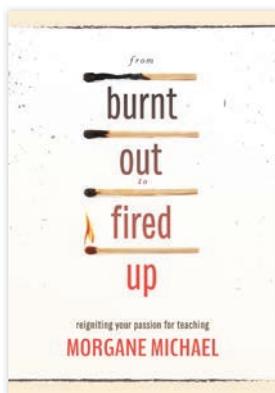
From Burned Out to Fired Up

Reigniting Your Passion for Teaching

By Morgane Michael

Overwhelmed teachers, this book is for you. The truth is that you can be remarkable without burning out. Drawing from the latest research and her own teaching experiences, author Morgane Michael delivers research-backed strategies to replenish your well-being and reignite your passion for your purpose.

- Learn why burnout happens and what you can do to thrive once again.
- Explore the five Rs—reflect, reframe, refocus, reconnect, and reveal—and understand how each can help counter burnout.
- Acquire a clear roadmap for reigniting your love for teaching.



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Teacher Efficacy



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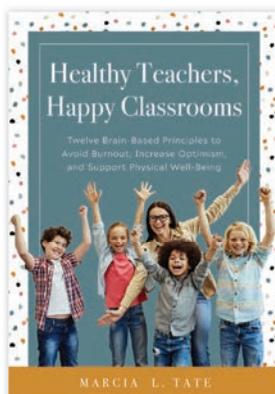
Healthy Teachers, Happy Classrooms

Twelve Brain-Based Principles to Avoid Burnout, Increase Optimism, and Support Physical Well-Being

By Marcia L. Tate

Best-selling author Marcia L. Tate delivers 12 principles proven by brain research to help you thrive personally and professionally. Each chapter digs into the benefits of these self-care strategies and offers suggestions for bringing the practice to life in your classroom.

- Understand the root causes and symptoms of educator and teacher stress, overwhelm, and burnout.
- Learn practical strategies proven to help you live better, live longer, and become a better teacher.
- Integrate wellness principles and coping strategies into your daily life so you feel rejuvenated and ready to serve others.



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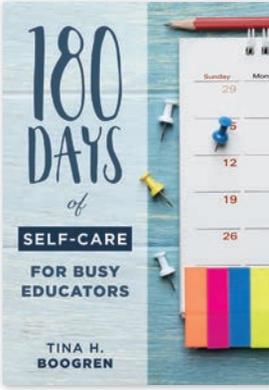
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*Teacher Efficacy; Instruction;
 Social-Emotional Learning*



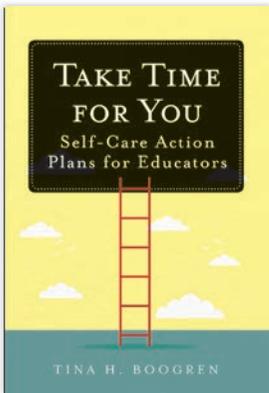
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180 Days of Self-Care for Busy Educators

By Tina H. Boogren

Bestseller Rely on *180 Days of Self-Care for Busy Educators* to help you lead a happier, healthier, more fulfilled life inside and outside of the classroom. With author Tina H. Boogren’s guidance, you will work your way through 36 weeks of daily self-care strategies and techniques, each corresponding with a week of the school year. Weekly themes range from creativity and inspiration to relationships and time management for teachers and administrators.

- Understand how prioritizing your own self-care will better equip you to positively impact student learning and achievement.
- Discover low- and no-cost self-care ideas for teachers and administrators designed to help make meaningful, positive change.
- Explore the dangers of stress in the classroom and in an educator’s personal life, and understand how this stress affects students.



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Instruction; Social-Emotional Learning; Teacher Efficacy



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Take Time for You

Self-Care Action Plans for Educators

By Tina H. Boogren

The key to thriving, as both a human and an educator, rests in daily self-care. With *Take Time for You*, you’ll discover a clear path to well-being by working through Maslow’s hierarchy of needs—physiological, safety, belonging, esteem, self-actualization, and transcendence. The author offers a range of manageable strategies, reflection questions, and self-care surveys that will guide you in developing an individualized self-care plan.

- Understand the challenges to mindfulness for teachers and how Maslow’s hierarchy of needs comes into play in your personal and professional life.
- Design action plans so you can meet your own physiological, safety, belonging, esteem, and self-actualization needs and, finally, transcend and connect with something greater than yourself.
- Take surveys and perform a daily time audit to determine how well you are meeting each of your needs.



SOUL!

Fulfilling the Promise of Your Professional Life as a Teacher and Leader

By Timothy D. Kanold

Foreword by Robert Eaker

Chart a deeply rewarding journey toward discovering your soul story—the pursuit of your moral good, to create good in others. Refreshing and uplifting, this resource includes dozens of real stories from educators, as well as ample space for journaling and self-reflection.

- Become more confident, joyful, whole, healthy, and balanced in your professional life.
- Explore the four actions of SOUL—Searching, Overcoming, Unifying, and Living—that will help you sustain a fulfilling professional life.
- Learn the concept of a soul story, diving into what it is and why it is so important to your well-being and emotional health.
- Understand your own soul story, and reflect on how you can use it to create good in others.

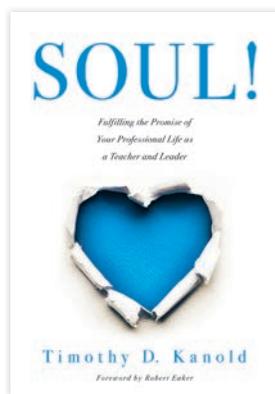
HEART!

Fully Forming Your Professional Life as a Teacher and Leader

By Timothy D. Kanold

Bestseller Explore the concept of a heartprint—the distinctive impression an educator’s heart leaves on students and colleagues during his or her professional career. Use this resource to reflect on your professional journey and discover how to increase efficacy and foster productive, heart-centered classrooms and schools.

- Examine five unique HEART aspects of your professional life: Happiness, Engagement, Alliances, Risk, and Thought.
- Reflect on your journey and the personal and professional qualities of the teacher or leader you want to be.
- Discover your distinctive heartprint on your students and colleagues, and decide what the qualities of a good teacher or leader are for you.

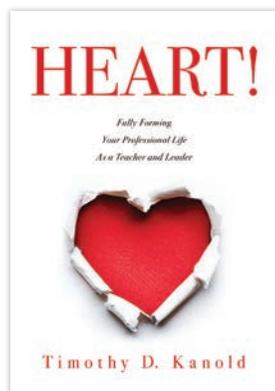


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PLC at Work; Professional Learning Communities; Leadership; Teacher Efficacy



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PLC at Work; Professional Learning Communities; School Improvement; Leadership; Teacher Efficacy



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	Social-Emotional Learning: Supporting Growth in Elementary School Students and Staff		○	
	Reclaiming Youth at Risk: Developing Strengths in All Students		○	
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	Supporting the Whole Child through Reflective School Leadership		○	
MULTI-DAY	Work with one or several experts across multiple days to embed key processes, practices, and procedures designed to significantly improve staff performance and student achievement.			
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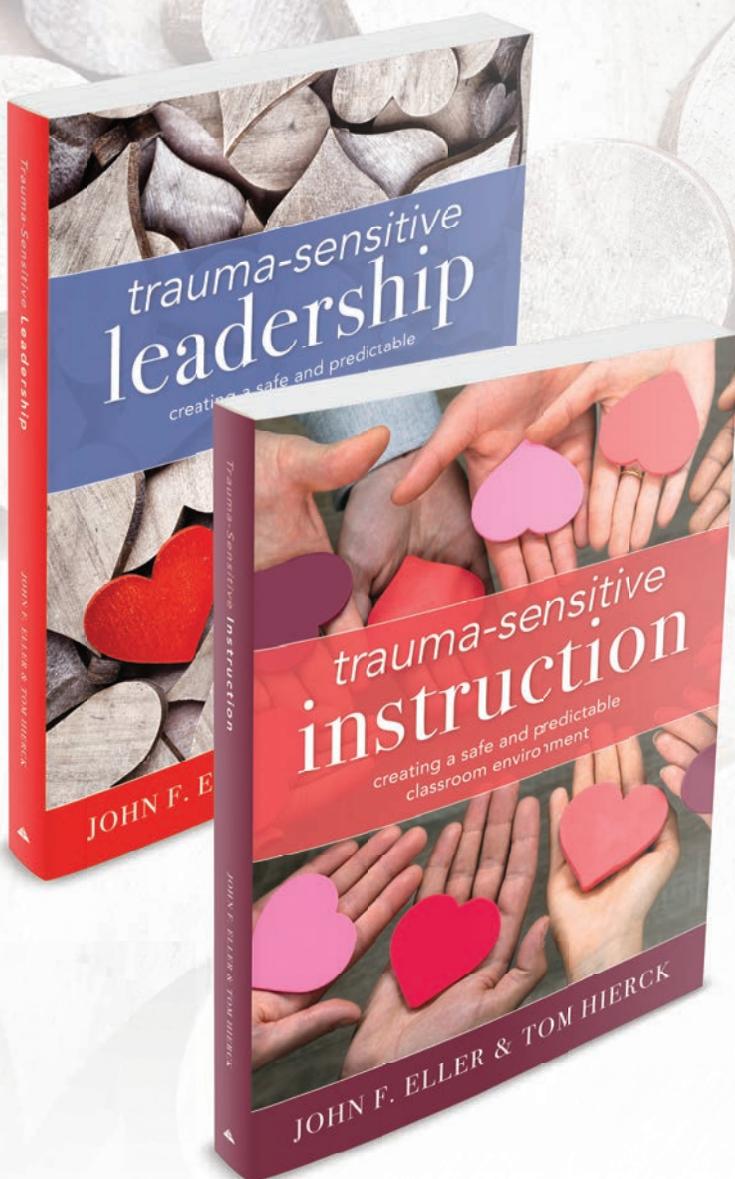
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For a complete list of experts, go to [SolutionTree.com/ca/SEExperts](https://www.solutiontree.com/ca/SEExperts)





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