



OUTWARD BOUND
CALIFORNIA

EDUCATOR RESOURCES

At Outward Bound California we know that cultivating students' social and emotional learning (SEL) is essential for building strong, inclusive learning environments, and that the work starts with teachers. As part of our commitment to supporting educators beyond the field, we've curated a collection of high-quality SEL teaching resources designed to deepen classroom impact and complement the professional development experiences we offer in partnership with you.

Whether your educators are looking for strategies to integrate SEL into their daily practice or tools to strengthen community and resilience among students, this resource guide is a practical extension of the work we've done together on course with OBCA.

Featured Resources:

Trauma-Informed Framework

Our staff approach our work with a trauma informed framework that centers authentic rapport and predictability. Here's some resources to learn more about Trauma Informed frameworks and how to implement some of the practices while working with students.

Resilient Futures: Provides free downloads and guides on neuroception and childhood trauma, proactive ways to reduce burnout, and building community in the classroom through Connection Circles.

Edutopia: Features articles on integrating culturally responsive teaching with trauma-informed practices, addressing work refusal in the classroom, and creating communities of support for staff and students.

Washington Education Association: Offers a collection of resources on trauma-informed care, including publications by the NEA on creating trauma-sensitive classrooms and supporting students who have experienced domestic violence or sexual victimization.





SEL Strategies & Tools

PBS LearningMedia: Provides a collection of social-emotional learning resources, including videos and lesson plans, to support educators in teaching SEL skills.

Hand2Mind: Offers a range of social-emotional development resources, including activities and materials to support SEL in the classroom.

At Outward Bound California, our [Theory of Change](#) centers on the belief that transformative learning happens when individuals are supported through challenge, reflection, and connection. This doesn't just apply to students, it applies to educators as well.

By embracing trauma-informed practices, prioritizing teacher well-being, and equipping classrooms with culturally responsive SEL tools, we reinforce the foundation that makes meaningful learning possible. These resources support educators in building inclusive, emotionally safe environments, where both students and adults can grow, connect, and lead with compassion.

When teachers are resilient, culturally attuned, and trauma-informed, they're better equipped to nurture the same traits in their students, ultimately advancing our shared mission of developing more resilient and compassionate individuals in a more resilient and compassionate world.



Teacher Self-Care & Emotional Resilience

Panorama Education: Offers a comprehensive Adult SEL Toolkit, mindfulness resource packs, and guides on building teacher capacity for social-emotional learning.

Relay Graduate School of Education: Provides a LibGuide on self-care and stress management for teachers, including videos on building emotional resilience and preventing burnout.

Worklife at the University of Florida: Features a Resilience and Emotional Well-being Toolkit with resources on managing anger, regulating emotions, coping with anxiety, and practicing self-care.