





Section Segments Key

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|  <p>INTRODUCTION</p> | <p>Provides a paragraph summary of content in the toolkit.</p> |
|  <p>INFORMATION</p> | <p>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 a school leader or the toolkit facilitator.</p> |
|  <p>SELF-CARE STRATEGIES</p> | <p>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.</p> |
|  <p>WHAT'S NEXT</p> | <p>Introduces the next section of the toolkit.</p> |
|  <p>APPLICATIONS</p> | <p>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.</p> |
|  <p>LINKS</p> | <p>Internet links that are woven into the content are pulled out and listed for easy access. Links to other related resources are also listed.</p> |

Application activities can be:



INDIVIDUAL



SMALL GROUP



LARGE GROUP