



# U.S. Department of the Interior Bureau of Indian Education

## Navajo Schools

**October 14, 2022  
8:30 a.m. – 3:15 p.m.**

<b>8:30 – 8:45</b>	<b>Welcome and Introductions</b>
<b>8:45 – 10:00</b>	<b>Self-Care is Health Care</b>
<b>10:00 – 10:15</b>	<b>Stretch Break</b>
<b>10:15 – 12:00</b>	<b>Strategies to Promote Self-Care</b>
<b>12:00 – 12:45</b>	<b>Lunch</b>
<b>12:45 – 1:00</b>	<b>Reflections on SEL and Students</b>
<b>1:00 – 1:30</b>	<b>An overview of Social Emotional Learning (SEL) and trauma</b>
<b>1:30 – 2:00</b>	<b>Engagement Strategies</b>
<b>2:00 – 2:15</b>	<b>Stretch Break</b>
<b>2:15 – 3:00</b>	<b>Teaching strategies for trauma-sensitive classrooms Strategies for building a classroom community</b>
<b>3:00 – 3:15</b>	<b>Your Next First Step</b>