

READY, SET, RISE!



Enhance your performance as an educator and improve student outcomes with no-cost social-emotional learning resources from Ready, Set, RISE!

Ready, Set, RISE! is a series of e-learning modules that inspire transformational learning experiences for students and educators by reinforcing the foundational importance of human connection and empathy in schools. Developed by Kaiser Permanente, Discovery Education, and Alliance for a Healthier Generation, Ready, Set, RISE! is offered as part of the Resilience in School Environments (RISE) initiative, empowering schools to create safe and supportive learning environments through social-emotional well-being.

Plan • Implement • Sustain

Trauma-Informed Resources for K-12 Educators

E-Learning Modules

Support trauma-informed educational practices and policies in your school or district with these self-paced digital lessons. The series explores core social and emotional learning concepts along with logistical and administrative considerations for implementation.



Trauma Informed Care and Educator Well-Being

Take advantage of relatable content dealing with wellbeing and collective care for teachers in K-12 schools, including at the individual level, group level, and organizational level.



Cultural Sensitivity and Equity

Enhance your cultural competency skills and improve cultural humility in order to better support students. Help students neutralize the effects of adversity, societal oppression, and implicit bias.



Trauma Informed Care in the Educational Environment

Delve into the prevalence and impact of Adverse Childhood Experiences (ACEs) on the developing brain, and develop your ability to recognize and respond to signs of trauma.



Transforming into a Resilient School—Implementing Trauma Informed Values and Practices

Learn how to support school teams in the sustainable implementation of resilience efforts. Discover the three crucial factors of urgency, readiness, and contextual fit.

Ticket to RISE

Ready, Set, RISE! e-learning modules are designed to build resilient communities with interactive, dynamic e-tools for schools. Get started by creating an account to access the e-learning modules at ReadySetRISEModules.com.

Action Center

For additional support resources, the [RISE Index and Action Center](#) provides tools, guidance, and training to help create healthier environments that empower kids to thrive. Access an assessment tool to gauge how well schools and districts are addressing social and emotional health.