



Trauma Informed Care

Teachers: If you notice that most of the students in your class are struggling with something. Stop and do some activities to prepare them and help them to relax and get out of the Fight, Flight, or Freeze mode.

1. Breathing exercise
2. Stand by desk and do some stretches listening to music
3. Five-minute head down reflect, color a picture or nap...let them choose as long as they are quiet.

This is a resource for teachers to go on when they take the spinner check-in and their class needs to take time to identify their emotions and set the tone.

Here is a valuable resource for more structured activities.

Trauma Informed Care

<https://www.mainechildrenshome.org/blog/10-ideas-for-creating-a-trauma-informed-classroom>

Back Pocket Words & Phrases

"I'm here for you."
"It looks like you could use some help with..."
"I like helping you."
"I'm ready to help - just ask."
"Can you trust me on this one?"
"You can count on me."

FOR ESTABLISHING TRUST

"I can tell this is important to you."
"It's okay to do this as long as you need to."
"Let me know when you're ready to..."
"Kiddo, I care about you too much to argue with you."
"I'll get back to you on that."

FOR REMOVING THE POWER STRUGGLE

"I see you working hard."
"That's tricky and you aren't giving up. That takes courage."
"You did that all by yourself."
"Thank you for trusting me. I know that's hard for you sometimes."

FOR GIVING ENCOURAGEMENT

"What is the rule about...?"
"Where are you supposed to be?"
"Let's see if you can answer that question all by yourself."
"Do you think it would work better to tell me or ask me about that?"

FOR ADDRESSING UNHELPFUL ACTIONS

"This could be difficult for you; what can you do to help yourself?"
"I'm not mad; breathe."
"Let's pretend to move this wall together."
"This feeling will pass. I'll stay with you until it does."

FOR COMMUNICATING WHEN A STUDENT'S DYSREGULATED

"What do you think I believe happened?"
"Would you like to know what some other kids tried in situations like this?"
"I've noticed you sometimes...What are some other things you could do?"
"We'll see how that works for you."

FOR BUILDING CAPACITY FOR TAKING RESPONSIBILITY