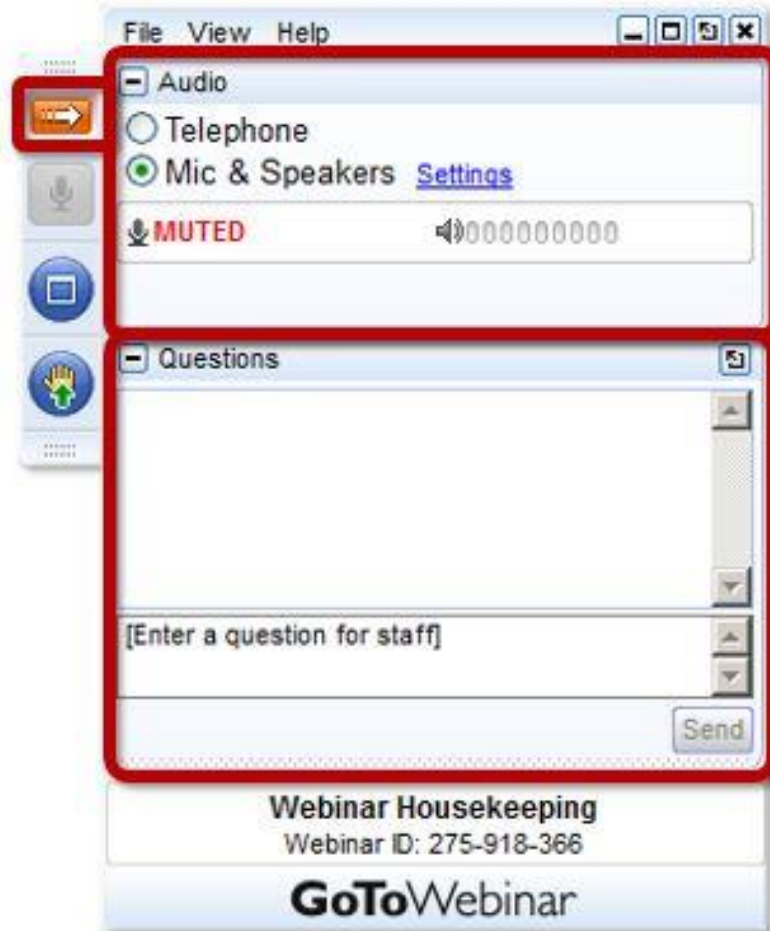




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# CREATING A TRAUMA INFORMED CLASSROOM

**LEARNERS  
EDGE**  
Founded by teachers.  
Dedicated to learning



## Your Participation

Open and close your control panel

Join audio:

- Choose “Mic & Speakers” to use VoIP
- Choose “Telephone” and dial using the information provided

Submit questions and comments via the Questions panel

**Note:** Today’s presentation is being recorded and will be provided within 48 hours.

## Molly Kiebel, Presenter

- Former Language Arts teacher
- Married with two active daughters
- Loves travel and exploring the outdoors with family and friends
- Taught for 15 years in both Minnesota and California
- **Current Role:** Curriculum & Instruction Specialist



## Susanne Leslie, Moderator

- Proud mother of a recent UW Badger graduate and a U of M Golden Gopher senior
- Loves anything and everything outdoors – during all four Minnesota seasons
- Former parent educator
- Has been with Learners Edge for ten years
- **Current Role:** Lead Curriculum & Instruction Specialist at Learners Edge





“Everybody thinks you should be happy just because you're young. They don't see the wars that we fight every single day. And one day, my war will end. And I won't die. And I will not tolerate abuse from anyone. I am strong.”

-Freedom Writers, 2007

# Goals Today

- What is trauma?
- How does trauma impact students?
- How can we create a trauma-sensitive classroom?
- How can we support ourselves as we care for students impacted by trauma?



# What is Trauma?

An exceptional experience in which powerful and dangerous events overwhelm a person's capacity to cope

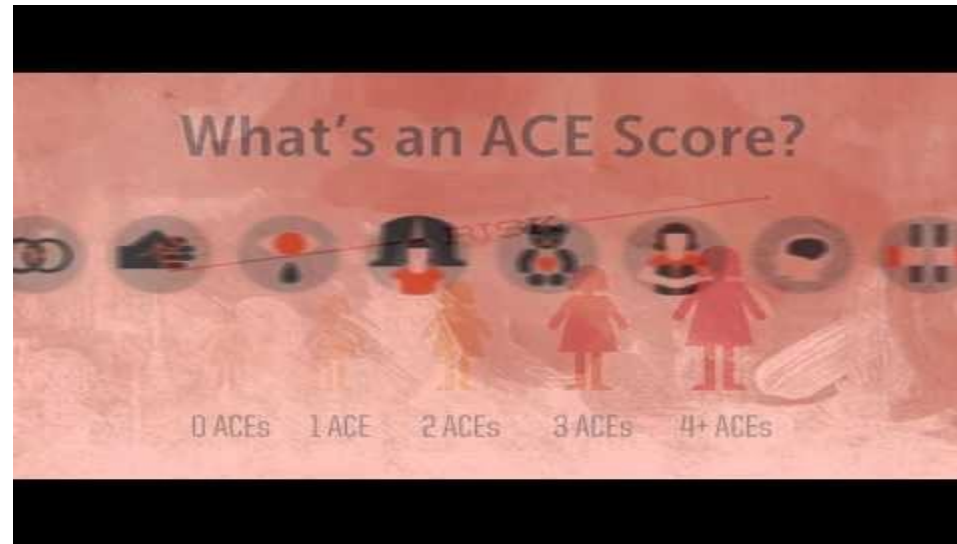
(Rice and Groves, 2005)

A sudden or unexpected experience that creates a lasting substantial, psychological impact

(Malchiodi, 2008)



# ACEs Study: Adverse Childhood Experiences!



<https://vimeo.com/139998006>

[www.LearnersEdgeInc.com](http://www.LearnersEdgeInc.com)

# ACEs in School

ACEs have short and long-term impact on physical and mental health

- Substance abuse in the home
- Parental separation or divorce
- Mental illness in the home
- Witnessing domestic violence
- Suicidal family member
- Death of a loved one
- Parental incarceration
- Experience of abuse
- Natural disasters, criminal behavior in the home, homelessness, and bullying







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# Incidence of Childhood Trauma?



- Approximately 50% of U.S. children, nearly 35 million, have experienced at least one type of childhood trauma
- 1/3 of youths ages 13-17 have experienced more than one type of trauma

National Survey of Children's Health, 2013

# Impact of Trauma on Teaching and Learning

Trauma impacts reasoning, planning, and emotional control

*Survival Mode: What Trauma Can Look Like in the Classroom\**

FIGHT	FLIGHT	FREEZE
<ul style="list-style-type: none"> <li>▪ Acting silly</li> <li>▪ Hyperactivity</li> <li>▪ Defiance</li> <li>▪ Aggression</li> <li>▪ Yelling</li> </ul>	<ul style="list-style-type: none"> <li>▪ Withdrawing</li> <li>▪ Fleeing</li> <li>▪ Seeming to sleep</li> <li>▪ Wandering or hiding</li> </ul>	<ul style="list-style-type: none"> <li>▪ Refusing to answer</li> <li>▪ Blank looks</li> <li>▪ Appearing numb</li> <li>▪ Feeling unable to move or act</li> </ul>

*\*from Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom, 2016*

# How to Support Students

*Implement classroom-wide strategies to assist the needs of all learners*

## Strategies:

- Empower students to self-regulate
- Create a safe learning environment
- Provide flexibility and choice
- Foster stable relationships
- Practice self-care





# Encourage Self-Regulation in the Classroom!

*Help students understand the impact of stress  
and promote self-management*

## Strategies:

- Teach common language
- Fidgets
- Movement and breathing exercises
- Quiet spaces
- Creativity breaks



<https://www.youtube.com/watch?v=gmgCIJ74Oxw>

# Create Safe Learning Environments

*Move students from survival mode to learning mode through the creation of safe and predictable classrooms*

## Strategies:

- Establish clear expectations
- Create a sense of belonging
- Build predictable routines





# Foster Stable Relationships

*Encourage emotional bonds and social skills through positive interactions and community-building*

## Strategies:

- Share personal interests
- Celebrate success
- Model and role-play social skills
- Focus on strengths





# Teacher Self-Care

*Take care of yourself so you can take care of others*

*Secondary Trauma/Compassion Fatigue: A normal reaction to abnormal circumstances*

## Self-care:

- Health
- Self-compassion
- Gratitude
- Mindset







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## Strength and Health

- Exercise
- Nutrition
- Calming Techniques



## Self-Compassion and Gratitude

- Quiet the inner critic
- Focus on your mission
- Practice compassionate acts
- Express gratitude



## **Mindset**

- Do not take student misbehavior personally
- Convey calm through words and action
- Recognize and heal personal triggers



# QUESTIONS?

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# Sources & Resources

Souers, K., & Hall, P. (2016). *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom*. ASCD.

*Text also serves as the foundational text for our new course launching **March 16, 2017**:*  
**Trauma-Sensitive Teaching: Helping Students Overcome Adverse Experiences**

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Dan Siegel. [www.drdansiegel.com](http://www.drdansiegel.com), 2017.

James Redford (Director). 2016. *Paper Tigers* [Motion picture]. United States: KPJR Films.

Mark Sander. EdTalks: Mark Sander: [Trauma-Informed Classrooms](https://www.achievetemps.org/edtalks), 2017. <https://www.achievetemps.org/edtalks>

National Child Traumatic Stress Network. [www.nctsn.org](http://www.nctsn.org)

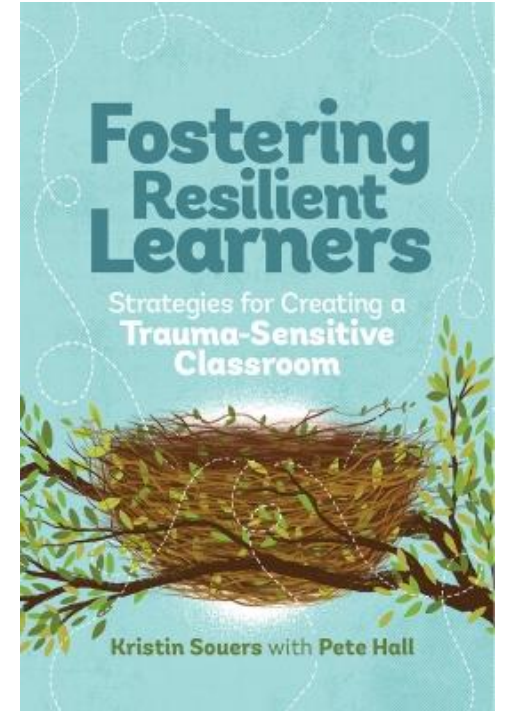
Richard LaGravenese (Director). 2007. *Freedom Writers* [Motion picture]. United States: Paramount.

Ross Green. [www.livesinthebalance.org](http://www.livesinthebalance.org), 2017.

## Teacher Resources

[www.Mindfulteachers.org](http://www.Mindfulteachers.org)

<https://www.livingwell.org.au/mindfulness-exercises-3/>





# THANK YOU FOR JOINING US!

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