

Trauma Informed Classrooms

- Adults recognize that students can engage in the learning process only when they sense security; emotional and physical.
- Adults will remember that students who come from chaotic family systems do not understand cause & effect, consequently they do not understand the concept of rules.
- All adults will remember that nearly all misbehavior is caused by stress and fears.
- All adults will remember that students who have underdeveloped self-regulation skills do not have the neurological wiring to be self-regulated.
- All adults will remember there are compelling activities and strategies that can strengthen young student's self-regulation; check out www.beckybailey.com.
- All adults will remember that seeing smiles and being able to label feelings calms the amygdale and strengthens self-regulation in young students.
- Teachers in trauma informed classrooms recognize that solid student/teacher relationships increase learning and reduces behavioral issues.
- Teachers in trauma informed classrooms practice restorative discipline which focuses on relationship issues rather than the rules broken and restores the students involved to the classroom "family".
- All adults will remember that stressed students intensely watch their teacher's non-verbals and body language more than they listen to the words he/she speaks.
- All adults will remember that distressed students hear only about 50% of the words spoken by their teacher on most days.