

Trauma and Teaching:
Education through a Trauma-informed lens
Stacey Shaw
stacesha@gmail.com

Breakout Reflection Questions:

- 1) How consistent are you in your classroom (routines, personal Self-regulation, using language of respect etc.)?
- 2) How do you model appropriate vulnerability when teaching?
- 3) How are you inviting students to feel safe and noticing cues that they are giving about feeling safe?
- 4) What are your current self-care habits and routines? Do you have any right now? Are they priorities?
- 5) What are two things that would feel like self-care that you can and will commit to doing regularly this summer? How will you keep commitment to Self-care in the Fall?

Resources:

Kelly Hopkinson TED Talk: Learn to shine bright: The importance of Self-care for teachers
<https://youtu.be/5O5QIqIDxjg>

How and Why of Trauma Informed Teaching:
<https://www.edutopia.org/article/how-and-why-trauma-informed-teaching>

Trauma-informed Teaching Strategies
<https://resilienteducator.com/classroom-resources/trauma-informed-teaching-tips/>

Priorities for Trauma-informed Distance Learning:
<https://www.kqed.org/mindshift/55679/four-core-priorities-for-trauma-informed-distance-learning>

Story of Fall-Hamilton Elementary implementing school wide trauma-informed lens
<https://www.youtube.com/watch?v=iydalwamBtg>