



Trauma-Informed Practices

“The Greatest way to get knowledge to the brain is through the heart.”

The Purpose

Due to trauma or chronic stress, students exhibit behaviors that manifest from fight, flight, or freeze tendencies. The trauma-informed and restorative practices training provides alternative systems to teach students how to reflect on the harm caused and restore what has been broken. In this training, we will explore supporting our student’s social emotional wellbeing through relationship agreements, morning check-ins, reflection activities, community circles, and restorative circles.

Objectives

1. Participants will be able to understand the biological effects of trauma and chronic stress.
2. Participants will be able to identify the behaviors associated with trauma.
3. Participants will be able to recognize fight, flight and freeze behaviors.
4. Participants will be able to participate in proactive strategies to build positive relationships.
5. Participants will be able to participate in de-escalation and trauma informed strategies.
6. Participants will be able to implement relationship and restorative practices to positively impact student behavior and emotional wellbeing.

Contact Us

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