



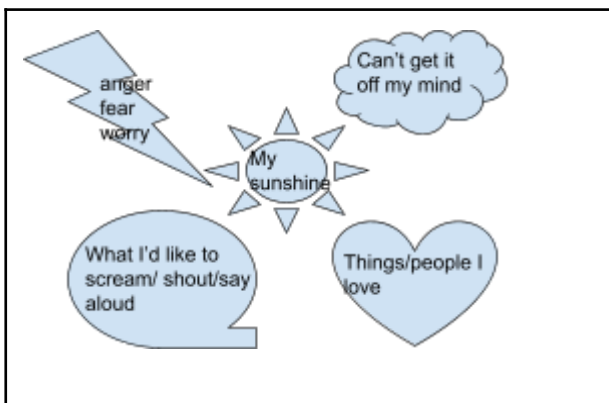
Trauma-Informed Care in Educational Settings



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NOTES / IDEAS / DOODLES

FIVE ACTS OF DAILY SELF-CARE



QUICK LOOK: STRATEGIES

Centering for Competence ★

1. Smile
2. Take 1 to 3 deep breaths
And
3. Relax (use positive self-talk "I'm safe. I'm ok. I can do this.")

Calming with kids

Breathing strategies (5 finger breathing)
5 senses (1:1 or BINGO)
Glitter jar/bottle
Emotion Wheel check-in

Resilience

Embracing mistakes / Growth mindset
Taking "brain breaks"
Share a story about resilience
Problem solving/ give choices and support

Attunement

Breathe together
Passing a ball / playing a game
Demonstrate their feelings and yours
Ask for permission to hug/ fist bump/ high 5

 <p>Lindsay Brewster's website soulcialworkers.com</p>	 <p>Free Child Trauma Toolkit www.tipbs.com</p>	 <p>National Child Traumatic Stress Network</p>
 <p>National Child Traumatic Stress Initiative (NCTSI)</p>	 <p>Collaborative for Academic, Social and Emotional Learning (CASEL)</p>	 <p>Peter Levine on YouTube; how to help children experiencing trauma</p>
 <p>Amazon link to book: <u>Trauma Through a Child's Eyes</u></p>	 <p>Amazon link to book: <u>Treating Traumatic Stress in Children & Adolescents</u></p>	 <p>Conscious Discipline</p>
 <p>Rhythm & Rhyme in the book: <u>The Feeling is Bright</u></p>	 <p>Beacon House Resources- Therapeutic Service and Trauma Team</p>	 <p>ARC framework & training (Attachment, Regulation & Competency)</p>
 <p>Lindsay Braman (emotion wheel)</p>	 <p>NPR: Take the ACes Quiz</p>	 <p>Grief Resource: Dougy.org</p>

Feel free to contact me with more questions, comments or concerns: Lindsay @soulcialworkers.com