

Trauma Informed Practice at



Biophilia

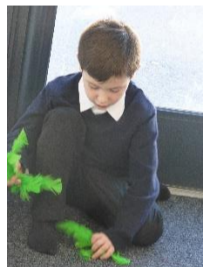
“If the loving devotion, the soft touch, the constant companionship, the attentive eye and the uncritical ear of the pet are so 11 attractive to so many of us, they should be even more important to those who have been wounded by other people, or deprived of the comfort that friends, family and children bring”
Katcher and Beck, 1983



The law of propinquity states that the more people spend time with each other in close proximity the more likely it is that friendships will form.

Law of propinquity

Because of this we have committed to allowing the children to work in groups and pairs throughout the school day. We use activities like Rtime and oracy games and endeavour to encourage all children to work together during their time with us.



“The activities that are the easiest, cheapest, and most fun to do – such as singing, playing games, reading, storytelling, and just talking and listening – are also the best for child development.” -
Jerome Singer (Yale University)

Therapeutic play



The arts

“Music sparks creativity, taps into emotions and helps young people to understand their own being, says one musician – it has a powerful ability to help children stay mentally healthy” Sarker 2018

“Art is also an effective mechanism to help children to process their feelings.” Dyer 2017

“Helping a child find words for feelings brings stress levels down. Research shows that it decreases amygdala activity and supports prefrontal emotion regulatory systems” Front Psychol 2014



Time spent playing outdoors is also thought to help relieve stress and anxiety by reducing levels of the hormone cortisol in the brain.



PACE

Playfulness, Acceptance, Curiosity and Empathy

Talking therapy



Green Space



Therefore we encourage the children to get outside every day whether this is to learn, experiment, exercise or just relax.



PACE is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe.