



# DOs AND DON'Ts OF A TRAUMA-INFORMED COMPASSIONATE CLASSROOM



## 1 CREATE A SAFE SPACE

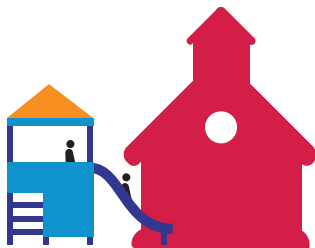
Consider not only physical safety but the children's emotional safety as well.

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## 2 ESTABLISH PREDICTABILITY

Write out a schedule and prepare children for transitions. It helps create a sense of security and safety.



## 3 BUILD A SENSE OF TRUST

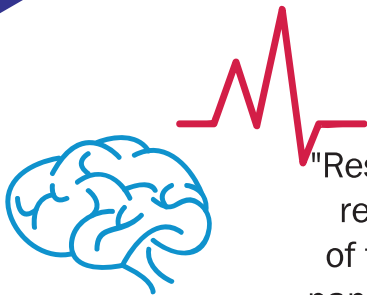
Follow through with your promises and in situations where changes are unavoidable be transparent with your explanations.

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## 4 OFFER CHOICES

Empower students and offer "power with" rather than "power over" strategies.



## 5 STAY REGULATED

Help your students (and yourself!) stay in the "Resiliency Zone" to promote optimum learning. Have regulation tools ready to help students bumped out of the zone into either hyperarousal (angry, nervous, panicky) or hypoarousal (numb, depressed, fatigued).

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There's really only one **DON'T**  
Let's not punish kids for behaviors that are trauma symptoms.

