

# Trauma Informed Practices

SAVE THE DATE  
APRIL 23



Join us in learning to promote academic achievement and social & emotional success for students who have experienced toxic stress and trauma.

April 23, 2018

9:00 am - 3:00 pm  
Cold Springs Community Church

Presented by

Kelly Rizzi  
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Shasta County Office of Education and  
Stephanie Alexander **Instructional  
Services Coordinator**

Trauma Informed Practices are the link to academic achievement and social/emotional success for students who've experienced toxic stress and trauma. Due to repeated triggering of the fight or flight system, the neurology of these students is different than their grade level counterparts, and taking in new knowledge can often be challenging. Navigating social/emotional situations can also be difficult. Trauma Informed Practices help teachers and students to be better regulated, which decreases behavior issues, and prepares the brain for learning.

Registration link:

[https://trauma\\_informed\\_practices\\_april23.eventbrite.com](https://trauma_informed_practices_april23.eventbrite.com)

## Workshop Topics

### Brain Breaks

Short movements for students to bring calm to the mind and oxygen to the brain, increasing blood flow and enhancing learning

### Self Regulation

The importance of teachers being regulated and how to teach students the skills of self regulation

### Creating a Safe Environment

Practical ideas for the school and classroom

### Adverse Childhood Experiences Study [ACEs]

Science that sets the template for how the developing brain is altered and why learning and social/emotional tasks are especially difficult for students of trauma

### Teaching Children about their Minds and about Growth Mindset

Ideas and resources for teaching children about how their minds work

**The Science of the Brain** Research and science about how the mind works, and how it relates to our students and their behavior in the classroom

### Learning Targets

Reveal to students where they will go in the lesson and what they will be expected to learn, providing predictability helping to calm students

### Classroom Applications

Classroom practices that work and how to apply them

