

# TRAUMA TIDBITS

October 2022

## What is trauma?

Trauma is an exceptional experience in which powerful and dangerous events overwhelm a person's capacity to cope. (Rice & Groves, 2005, p. 3)



## Core Values of Trauma

1. Safety
2. Trustworthiness
3. Choice
4. Collaboration
5. Empowerment

## Classroom Implementation

### SAFETY- Try This!

- Continue working to build relationships.  
**Click to TRY the 2 x 10 rule**
- **Commit to being hypervigilant to being consistent and predictable:**
  - Review class agenda
  - Have clearly defined behavior expectations (CHAMPS)
  - Clearly define steps to upcoming transitions

## Building Resilience

When things don't feel like they are heading in the right direction try to **WOOP** it out! Identifying a goal can help create longer term positive thinking.

### Wish

What is your wish?

### Outcome

What is the best outcome that could happen?

### Obstacle

Brainstorm what obstacles could come into place?

### Plan

Make a plan for how to overcome those obstacles if they occur.

## Personal Wellness

Make a conscious effort to put yourself first.

