

# TBP's Trauma-Informed At-Home Teaching

## Trauma-Informed Teaching Principles:

- I. *Well Being and Relationships*
- II. *Communication*
- III. *Routines and Procedures*
- IV. *Content & Content Delivery: Quality over Quantity*

To use these principles effectively, teachers must understand that during times of stress and difficult life circumstances, three areas are greatly impacted for people (our young people are no exception):

- Sense of Safety
- Connectedness
- Hope

Principles	Teacher Practices
<b>Well-being and Relationships</b>	<ol style="list-style-type: none"> <li>1. Relationship is the Focus</li> <li>2. Inclusivity: all are welcomed and included.</li> <li>3. Student's efforts are appreciated and rewarded.</li> <li>4. Relational rituals before checking on students' assignments or completion of lessons.</li> </ol> <p>Examples:  Restorative Practice: examples: Green Circles, weekly check ins, games, show and tell etc.  Maslow before Bloom</p>
<b>Communication</b>	<ol style="list-style-type: none"> <li>1. Clear Communication:</li> <li>2. No assumptions of students' understanding.</li> <li>3. Make Information Digestible: <ol style="list-style-type: none"> <li>a. Small Bite Sized</li> <li>b. Encourage students to ask clarifying questions even if they appear to understand.</li> </ol> </li> </ol> <p>Examples:  Chunk and chew learning strategy  KWL  If you were the teacher how would reteach this lesson/create a game from the lesson.</p>
<b>Routines and Procedures</b>	<ol style="list-style-type: none"> <li>1. Help students understand the routine has changed due to current events. (Don't assume that all of the students understand or have been informed by parents).</li> <li>2. Provide a Predictable Agenda to Students.</li> <li>3. Canvas Home Page Organized (doesn't change too much).</li> <li>4. Modules organized the same each week (the main titles).</li> </ol>
<b>Content &amp; Content</b>	<ol style="list-style-type: none"> <li>1. Remember our Student At Home Learning Time guidelines are below: <ul style="list-style-type: none"> <li>● PreK: 30 minutes</li> <li>● Kinder-1st grade: 45min-1hour</li> </ul> </li> </ol>

<p><b>Delivery: Quality of Quantity</b></p>	<ul style="list-style-type: none"> <li>● 2nd-3rd grade: 60min-90min</li> <li>● 4th-5th grade: 90min-120min</li> <li>● 6th-8th grade: 30min-45min per subject area (3 hours max a day)</li> </ul> <ol style="list-style-type: none"> <li>2. Content chunking: shorter, bite-sized pieces that are more manageable.</li> <li>3. Weekly Modules: Prioritize learning objectives. Creating learning expectations that focus on quality vs. quantity of student TEKS. Filtering to the most important critical standards that provide</li> <li>4. Daily lessons: Divide weekly modules into smaller daily chunks that are manageable for students.</li> <li>5. Stay flexible with pacing. In a face-to-face classroom it is relatively easy to keep students working at the same pace. Individual learning styles and home constraints, particularly when it comes to pace, will be evident in the at home learning environment.</li> </ol> <p>Lesson Design Elements:  <a href="https://drive.google.com/file/d/1RA55JYsImWscyFQv70Lwc3kTH1KOPQP/view?usp=sharing">https://drive.google.com/file/d/1RA55JYsImWscyFQv70Lwc3kTH1KOPQP/view?usp=sharing</a></p>
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## RESOURCES

National Resilience Institute	<a href="https://nationalresiliencinstitute.org/2017/05/6-ways-become-trauma-informed-school/">https://nationalresiliencinstitute.org/2017/05/6-ways-become-trauma-informed-school/</a>
National Child Traumatic Stress Institute	<a href="https://www.nctsn.org/">https://www.nctsn.org/</a>
The Heart of Learning and Teaching	<a href="https://www.k12.wa.us/sites/default/files/public/compassionateschools/pubdocs/theheartoflearningandteaching.pdf">https://www.k12.wa.us/sites/default/files/public/compassionateschools/pubdocs/theheartoflearningandteaching.pdf</a>
We Are Teachers	<a href="https://www.weareteachers.com/video-every-teacher-needs-know-childhood-trauma/">https://www.weareteachers.com/video-every-teacher-needs-know-childhood-trauma/</a>
ReachOut's whole-school approach to student wellbeing.	<a href="https://schools.au.reachout.com/">https://schools.au.reachout.com/</a>
Smiling Mind	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>

## MENTAL HEALTH & WELLNESS RESOURCES

If you feel that you or a friend is in a crisis situation and/or need someone to talk to and there isn't a caring adult you can reach right away, please reach out to one of the following:

- Call **214-828-1000** – Suicide and Crisis Center of North Texas (24/hr Crisis Line)
- Call **866-260-800** – Mobile Crisis Outreach Team (formerly ADAPT)

- Call **1-800-784-2433** – National Hopeline
- Call **1-800-273-825** – National Suicide Prevention Lifeline
- Or call **911** – In case of a life-threatening emergency

These crisis lines are operated 24/7, so please call anytime you have questions or concerns, day or night.