3 Days Implementation
Deepening Knowledge
One Day Training

Awareness

IEA’s Vision: Building trauma-informed systems for our students and their families
IEA members participating in ACEs, Resilience, Whole Child events
Trauma-Informed Partnership
• Awareness
• Cultural shift
• Systemic change
Year One
Starting the conversation...
Book Studies

1. *Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom* by Heather T. Forbes, LCSW
2. *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J.D. Vance
3. *The Boy Who Was Raised As A Dog: And Other Lessons from a Psychiatrist’s Notebook* by Bruce Perry, M.D., Ph.D.
4. *Transforming the Difficult Child: What Traumatized Children Can Teach Us About Life, Loss, and Healing* by Bruce Perry, M.D., Ph.D.
5. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van der Kolk, M.D.
Restorative Practices
Know Me, Know My Name
Check In

How are you feeling?
Visuals
Calming Strategies

<table>
<thead>
<tr>
<th>Exploding</th>
<th>Boiling</th>
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<tbody>
<tr>
<td>Angry</td>
<td>Upset</td>
</tr>
<tr>
<td>Frustrated</td>
<td>Irritated</td>
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<tr>
<td>Nervous</td>
<td>COOL</td>
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<tr>
<td>KNOW I AM DOING A GOOD JOB!</td>
<td>- I am doing my work</td>
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<tr>
<td>- I am using whole body listening with my teachers and peers</td>
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<td>- I am using a quiet voice</td>
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<tr>
<td>- I am cooperating with peers</td>
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<tr>
<td>- I am using expected school behaviors</td>
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<tr>
<td>COOL</td>
<td>CALM</td>
</tr>
<tr>
<td>Tired</td>
<td>Sick</td>
</tr>
<tr>
<td>Blah</td>
<td></td>
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</tbody>
</table>

1. I will immediately ask a teacher to cool down in a different space or take a walk.
2. I will use my self-talk strategies:
   - “It’s no biggie”
   - “problems are made to be solved”
3. In the cool down area, I can:
   - take deep breaths
   - count to 10
   - look at calming books
4. I will stay in the cool down area until I am calm and then I can return to the activity by myself.
Breathing

Lazy 8 Breathing

Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

The Six Sides of Breathing

Hold

Breath In

Breath Out

Breath In

Breath Out

Hold
Safe Place
Alternative Seating
Mindfulness
SEL and CCSS Connection

Franklin's SEL Journey

What we have in place:
- Circle days
- Classroom Code of Conduct
- Staff uses SEL curriculum
- Peer groups
- Social skills training
- Student-led reflective sessions

Next Steps:
- Implementing tools and processes
- Staff accountability
- Staff meetings throughout the year
- Sharing and sharing the Day of the Giving
Hardles
• Time
• Consensus
• Consistency
• Logistics
One School’s Program

Just because my path is different doesn't mean I'm lost!

Educate, Communicate, Commit & Connect
We showed we cared... They showed change.

*Sister Sales*

**Our Mission** - To make and sell MES Spirit crafts at Basketball games. The proceeds raised will be used to get books and cookies so we can read to little kids. This shows generosity and being good role models.
We open opportunities…

They opened their hearts and minds.
We help them feel safe...

They took risks.

When it rains look for rainbows when its dark look for stars.
We embraced them...

They embraced each other.
It's okay to be a glowstick. Sometimes we have to break before we SHINE.

We showed them they could shine...

And they DID!