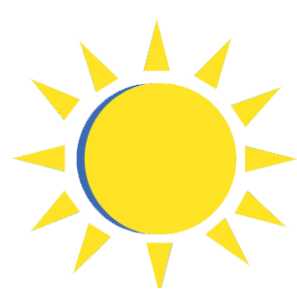


DEMYSTIFYING TRAUMA

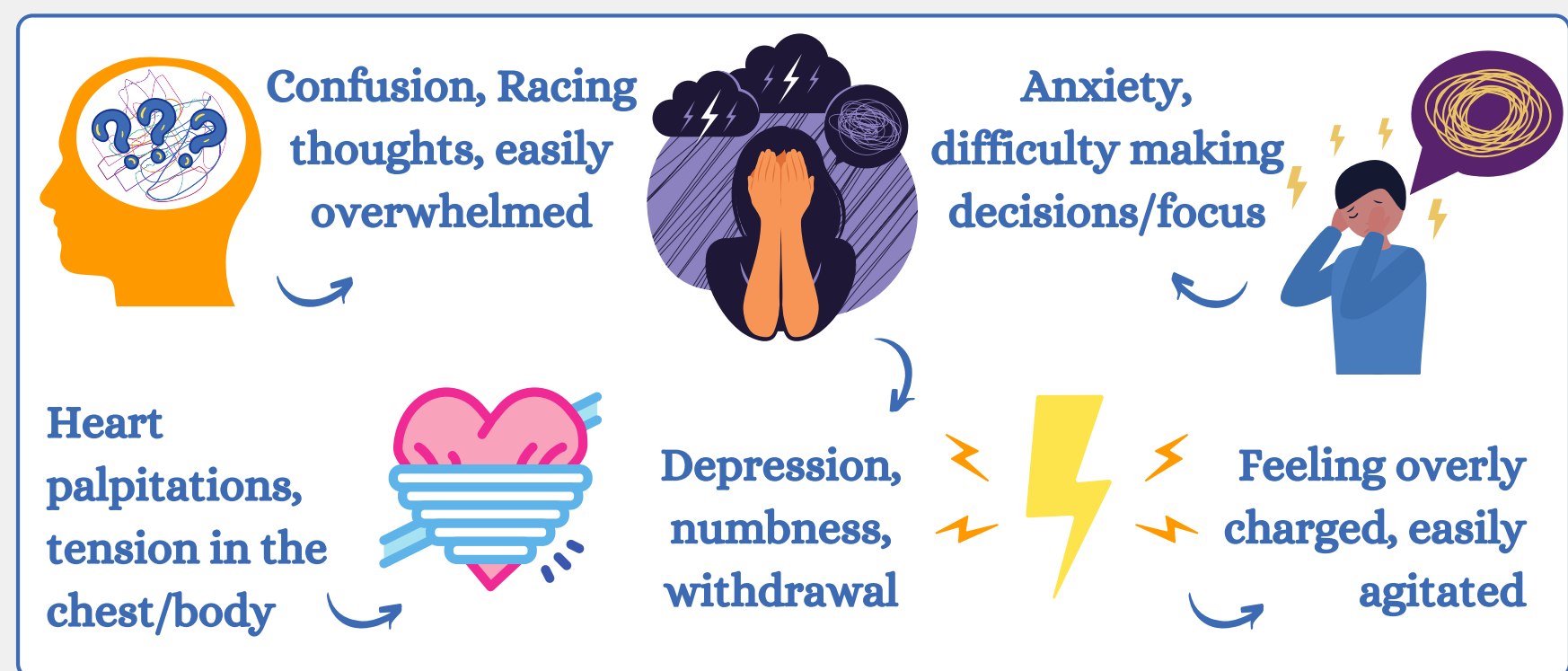


Brighten Learning

Trauma affects the way children learn, and the way their brain allows them to function in a social and academic environment. As parents and educators, the most essential aspect of teaching and learning is helping students develop the learning brain and use less of the survival brain on a daily basis.

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What can trauma look like?



CREATE SAFE SPACES.

EMPATHIZE WITH THEM.

HELP THEM HEAL.

Symptoms To Watch For

- Unpredictable emotions
- Headaches
- Rage
- Fatigue
- Nausea
- Anxiety
- Flashbacks



The Learning Brain VS. The Survival Brain

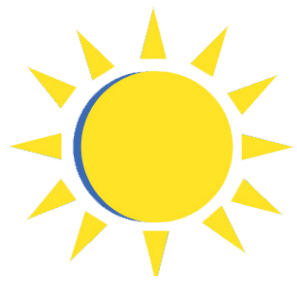
The Learning Brain

- Open to new information
- Comfortable with ambiguity, vagueness
- Sees the big picture
- Sees 'the forest through the trees'
- Calm, peaceful
- Excited about what they're about to learn
- Playful, having fun
- Curious
- Not afraid of making mistakes
- Application leads to absorption

The Survival Brain

- Hyper-focused on threat
- Doesn't like ambiguity
- Wants clear, hard facts
- Thinks in black and white, no grey
- Panicky, not calm
- Obsessive about getting things wrong
- Not open to new experiences, new learning
- Afraid what others think
- Doubt about the ability to learn
- Fear of looking foolish

TRAUMA HEALING STRATEGIES



Brighten Learning

Learning how to understand emotions and triggers, and finding coping strategies and restorative tactics, are essential parts of the healing journey. Below we have listed a few helpful strategies that you can practice with your child in the classroom or at home.

Connecting The Dots...



Professional Learning Through a Trauma-Informed Looking Glass



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Cross Lateral ~The Butterfly

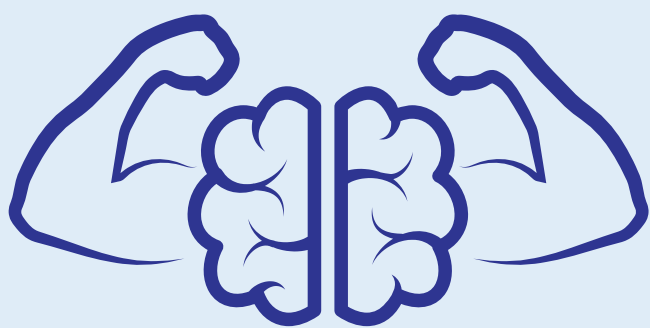
- Cross arms by placing the right hand on the left bicep and left hand on the right bicep
- Flap hands like a butterfly flapping its wings, lightly tapping your biceps
- Tapping mimics the heartbeat
- Calming to the brain
- Brings right and left sides together, downstairs brain closer to upstairs



5 Fingers Breathing Exercise



While (slowly) tracing your fingers, breathe in through your mouth as you trace up, and out through your nose as you trace down.



Isometrics ~ The Jedi

- System of physical exercises
- Muscles caused to act against each other or a fixed object
- Put hands together, fingertips pointing towards the sky
- Pull hands apart with fingers pressing against each other, take 2 deep breaths
- Press palms together and take 2 deep breaths

