20 Trauma-Informed Videos

So What:

- **How Childhood Trauma Affects Health Over a Lifetime**
- **Love Them First: Lessons from Lucey Laney Elementary** 1 hour 28 minutes

Now What:

- **Getting Started with Trauma Informed Practices**: Mindset, relationships, trust and good for all kids. 3:47

  - **Teaching Self-Regulation by Modeling**: Self-evaluation and naming emotions. 3:14

  - **Demonstrating Self-Regulation with Tone of Voice**: Calm, neutral, assertive voice. 2:17

- **Getting Ready to Learn Thu Mindfulness**: Transitions, breathing, choices, slowing down.

- **Fostering Belonging in Classroom Norms**: Children created norms, common language, ownership.

- **Creating a Calm Learning Environment**: Calmness, classroom setup, routines, physical needs. 4:10

- **Building a Belonging Classroom**: Creating a classroom where teachers know students and students know each other. 4:17

- **Trauma Informed Breathing**: Simple breathing to calm. 5:00

- **Making Sure Each Child is Known**: Being purposeful in knowing every child in the school. A good PD day to replicate this.

- **The Calm Room: One School’s Radical Plan to Combat Childhood Trauma**: 8:17
The Power of Relationships in School: 3:40

**Relationship Building: Getting to Know Your Students:** Strategies to help educators to build relationships with students. 3:18

**Teacher Tips: Building Relationships With Your Students:** Elementary educator gives tips and advice. 3:34

**Restorative Circles: Creating a Safe Place for Students to Reflect**

**Restorative Justice at Oakland’s Freemont High:** 6:21

**Using Dialogue Circles to Support Classroom Management:** 4:04

**A Restorative Approach to Discipline:** Really good!

**Check-in, Check-out- Providing a Daily Support System for Students:** Selected students meet with a specific staff member to check in on daily goals. 3:44

**Peace Corner- Creating Safe Space for Reflection:** An elementary school implements a peace corner in every classroom to help kids who just need a break for a variety of reasons. 2:39

**Five Unhelpful Responses We have to Escalated Kids and Adults:** Presenter works with kids with FASD, but techniques apply to school and home. 7:41