

TEACHER QUICK SHEET FOR TRAUMA RESPONSE

Observe Students	Obvious Signs of Trauma and Stress	Less Obvious Signs of Trauma and Stress
<p>Report non-emergency signs of stress to:</p>	<ul style="list-style-type: none"> • Swift drop in grades • Despondency • Detachment from peers • Sleepiness or lethargy • Abrupt attendance change • Skipping meals • Mood changes/emotional outbursts 	<ul style="list-style-type: none"> • Lingered around the counselor's office • Less interest in hobbies • Bouts of daydreaming • Increased requests to call home • Loitering in the bathrooms • Increased obsession with order • Constant questioning/ double-checking
<p>Call Home</p>	<ul style="list-style-type: none"> • Begin with a general check-in with the parent. <ul style="list-style-type: none"> › Express concern. • Discuss something you love about their child. <ul style="list-style-type: none"> › Personalize your knowledge of the student. • Check in with your own feelings as you discuss the behavior in question. <ul style="list-style-type: none"> › Generalize problem behaviors in the classroom. • Let the parent know you are concerned and why. <ul style="list-style-type: none"> › Avoid "why" questions; use "we" instead of "he/she/you." • Listen. <ul style="list-style-type: none"> › Do not interpret their frustration as criticism. • Ask the parent how they feel. <ul style="list-style-type: none"> › Sense when a parent is overwhelmed and note sources of stress in the home. • Make a plan that includes solicited advice from the parent. <ul style="list-style-type: none"> › Take the weight off of their shoulders and refer them to specialists. 	



TEACHER QUICK SHEET FOR TRAUMA RESPONSE (CONTINUED)

Reach Out Child Protective Services Hotline #: <hr/> Non-Emergency #: <hr/>	Crisis Team Member Name and Contact Information	
	1.	
	2.	
	3.	
	4.	
5.		
Prepare Materials	Materials Provided from School	Materials for Trauma Kit
	Trauma procedures	Master information binder or digital file
	Community resources and map	Stress relief manipulatives
	Master copies of trauma handouts	Notebooks and coloring materials
	Drafts of emergency correspondence scripts	Office supplies ready to go
Teach Mindfulness	<ul style="list-style-type: none"> • Check-ins/check-outs with students • Lunch bunches and other social opportunities • Reserved time for student discussion on current events • 4x4/box breathing practice • Meditative quiet brain breaks (can use soft sounds in the background) • Gratitude reflections • Observe nature and environmental sounds/sights • Projects centered on advocacy • Repetitive counting for relaxation • Tactile tracing of hand, desk, or provided designs 	