



# Building a Trauma- Sensitive Classroom:

Focus on Relationships

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Cristina Johnson-Hyde



# Trauma-Informed Agenda

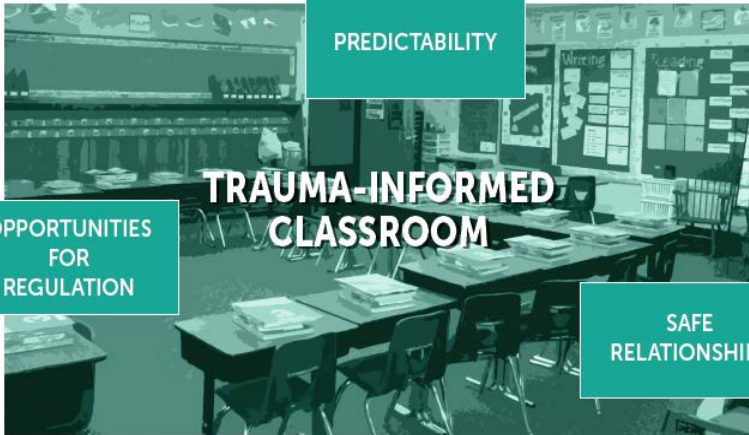
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1. Predictability
2. Safe Relationships
3. Opportunities for Regulation



aking  
Active PBIS team that meets monthly  
School-wide social/emotional/  
character ed. curriculum is taught

# Trauma Informed Checklist



## Trauma Informed Classroom Checklist

✓ SAFE RELATIONSHIPS AND OPPORTUNITIES FOR ENGAGEMENT	
	Organize the physical environment so that staff are in close proximity to students.
	Arrange seating so that students face the teacher during instruction.
	Arrange seating so that students can interact easily with others during partner work or cooperative learning tasks.
	Organize the classroom so that other people's movement around the classroom causes minimal distraction.
	Create and implement classroom traditions and celebrations.
	Consistently provide morning greetings and afternoon "goodbyes".
	Compliment students when they are helpful or kind.
	Develop a consistent method to welcome and orient new students.
	Begin the school day with a morning meeting that has a consistent agenda.

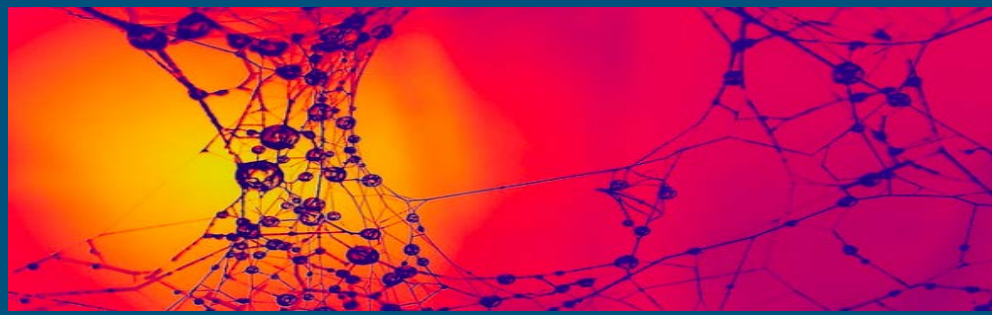
# What Can One Teacher Really Do About Trauma?

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<https://unconditionalllearning.org/2018/01/15/what-can-one-teacher-really-do-about-trauma/>

# Turn and Talk:

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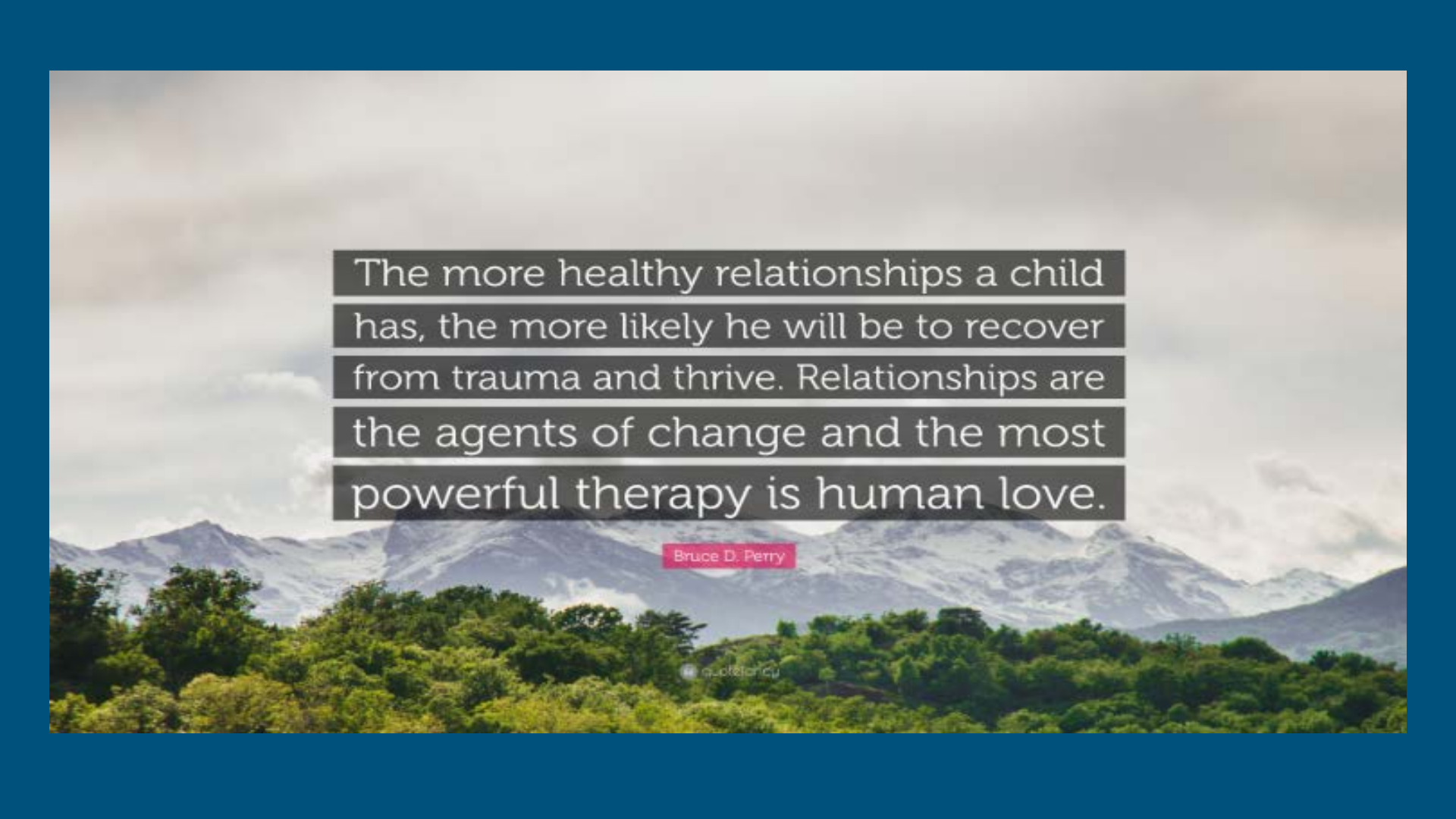


Elbow Partner Turn and Talk:

Tell what resonates with you...

Ask clarifying questions...

Give examples on how you can implement in your class...



The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

Bruce D. Perry

© 2014

My day is packed...  
How do I find time for  
relationships?

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# Positive Greetings At The Door



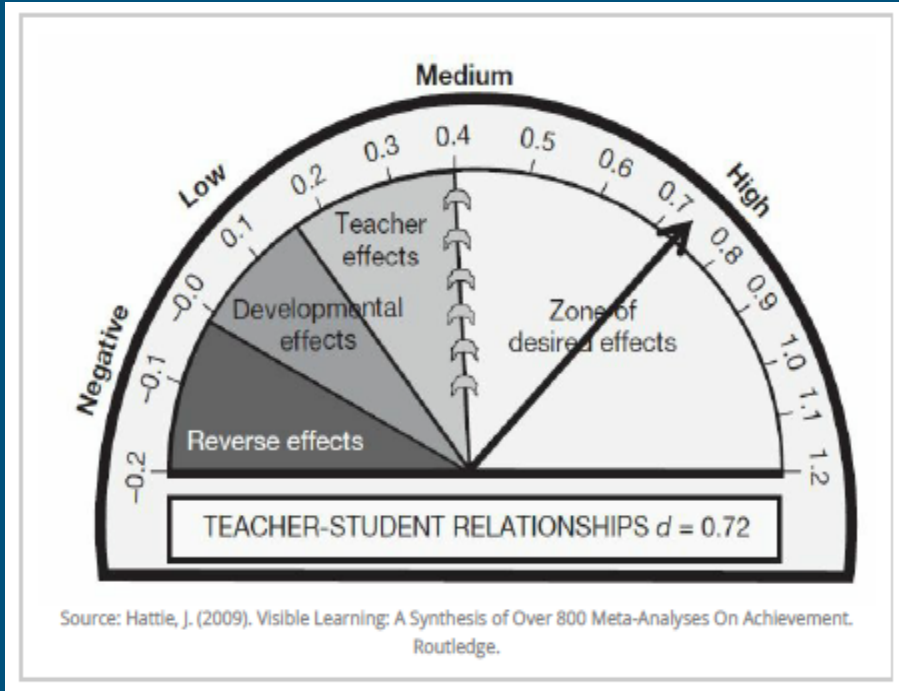
# Positive Greetings At The Door: Why It Matters

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## 3 Core Features of Positive Morning Greetings:

- It is a preventative approach that seeks to boost academic engagement and thereby curtailing inappropriate behaviors that inhibit learning.
- It emphasizes the use and benefits of strategies targeting the classroom as a whole rather than focusing on individual students.
- Promotes a smooth and productive start to the day or class which is critical to creating the initial momentum for academic engagement.

# Hattie - Effect of Teacher-Student Relationships on Achievement



Strong teacher student relationships shape the way children think and act in school.

When you have a good relationship with your students, they are more likely to feel positive about class and about school in general.

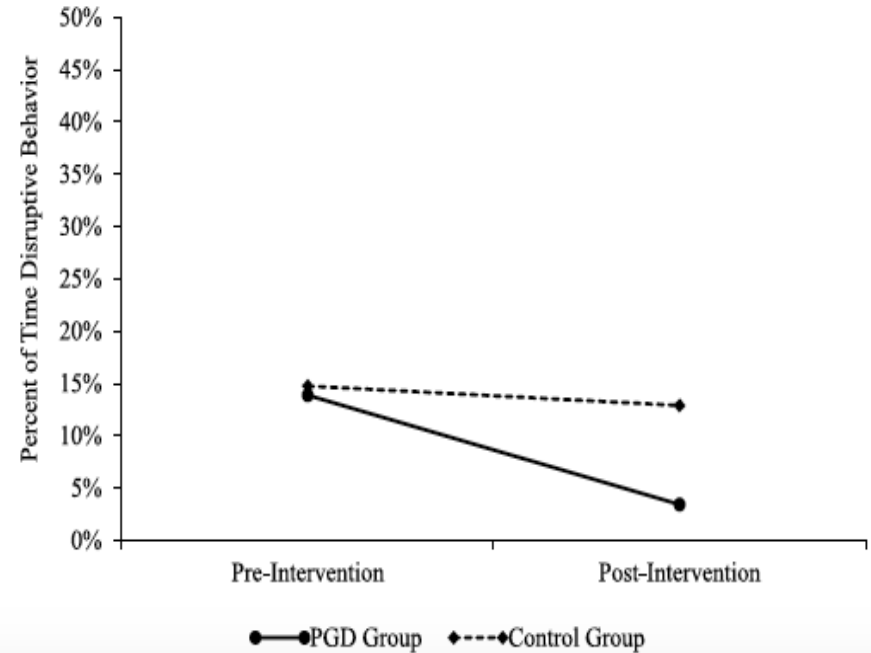
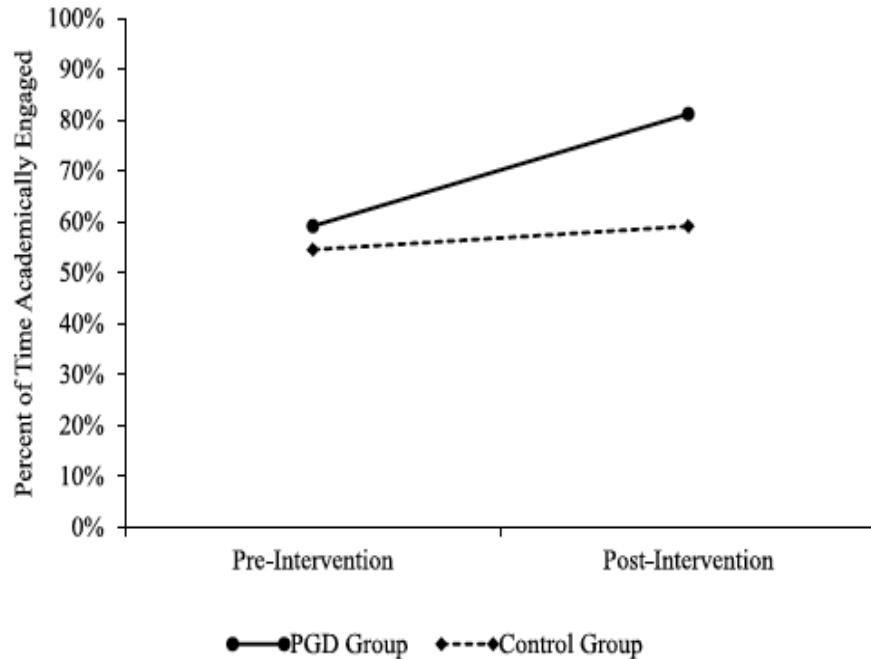
Research shows that constructive teacher student relationships have a large and positive impact on students' academic engagement.

# Positive Greetings At The Door

- **Starting the day with Joy is a powerful tool. It brings energy and opens the heart center for connections with others.**
- **How long did this take?**



# Positive Greetings at the Door (PGD): Study By Clayton Cook, University of Minnesota



# Positive Greetings At The Door - Step 1

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## IMPLEMENTATION STEPS:

### *STEP 1: Stand at or around the door*

- The goal is to be at or around the door (slightly outside or inside the class). This will allow you to monitor students' behavior as they come into your class, as well as carry out the next step in the PGD procedure.
- Remember you are not there to be a hall monitor—your focus is on greeting students coming into your classroom.

# Positive Greetings At The Door - Step 2

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*STEP 2: Positively interact with students as they come into the class*

Positive Verbal Interactions:

- Behavior-specific praise statements, “Thanks for walking in quietly, Tom.”
- Salutations, “Hello, how’s it going?”
- Asking relationship-based question, “Did you win that soccer game?”
- Non-verbal positive interaction- High 5

# Positive Greetings At The Door - Step 3

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## *STEP 3: Provide pre-corrective statements to individual student or entire class*

- Pre-corrective statements are statements delivered to *class* before you have seen any problem behaviors. These statements are about telling the student(s) about the behaviors they need to exhibit in order to have a good day. Essentially, you are giving them the answer about how to be successful.
  - Pre-corrective statements delivered to *individual students* who had a bad day yesterday to remind them of the behavioral expectations (e.g., safe, respectful, and responsible) and give them a few words of encouragement that they can have a good day.
- o **Important: the intent is not to bring up old business with the student by reminding them of how they had a bad day yesterday. Instead, the purpose is to tell the student that today is new day and that he can have a great day in class by being safe, respectful to others, and responsible by being ready to learn.**



# Positive Greetings At The Door - Step 4

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## *STEP 4: Remind the students to look at the class schedule and of the time when class will begin*

An aspect of the PGD procedure is to get the class off to a good start and engaged in the learning process as soon as possible

While students are entering the room, issue a statement to the entire class to look at the class schedule and remind them of when instruction will begin

For example, “thank you for coming in quietly and safely, take a look at the class schedule to see what to expect for today. Also, remember that we will start class promptly at 12:45, so please be in your seat and ready to learn.”

# Where Can I Get Visuals?

www.teacherspayteachers.com



## 30+ Morning Greeting or Saying Good-Bye Signs Zebra Theme

by Planet Happy Smiles

Meeting your kids at the door and greeting them is a terrific way to build connections with them. It really shows you care about them! This one tool can set your day off to the BEST start or end it on a positive...

**Subjects:** Character Education, Back to School, For All Subjects  
**Grades:** Not Grade Specific  
**Types:** Activities, Fun Stuff, Bulletin Board Ideas

\$3.00

6 Ratings

★★★★★ 4.0

Digital Download  
PDF (6.76 MB)

Add to cart

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## Morning Greeting Signs - Free

by Lattes and Lunchrooms

These FREE morning greeting signs are the perfect way to start your day. Build classroom community and give students choice when you greet them each day. Add them to a poster and stick it by your door f...

**Subjects:** For All Subject Areas  
**Grades:** Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, Staff  
**Types:** Activities, Fun Stuff

FREE

90 Ratings

★★★★★ 4.0

Digital Download  
ZIP (3.06 MB)

+ Wish List



## 30+ Morning Greeting or Saying Good-Bye Signs Monster Theme

by Planet Happy Smiles

Meeting your kids at the door and greeting them is a terrific way to build connections with them. It really shows you care about them! This one tool can set your day off to the BEST start or end it on a positive...

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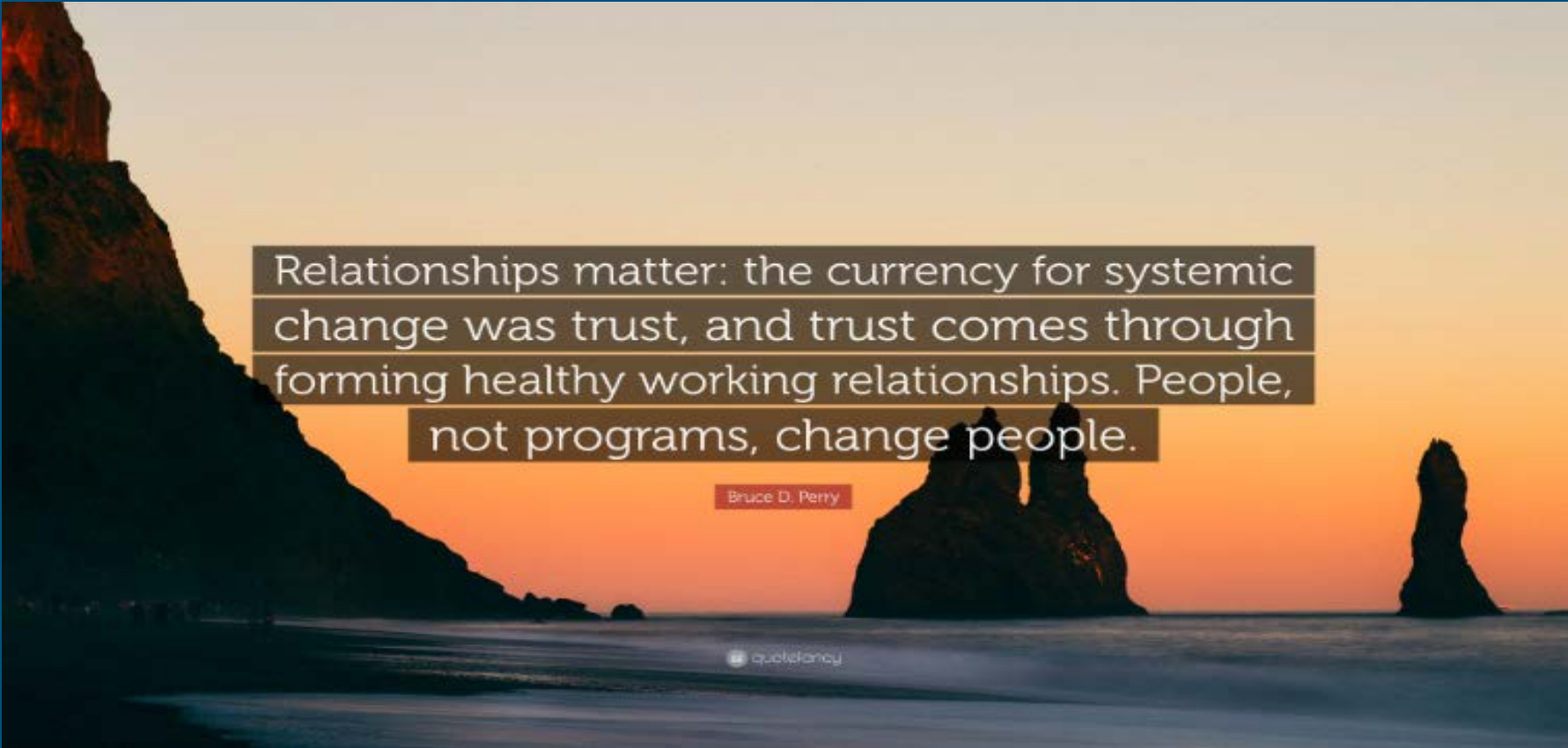
5 Ratings

★★★★★ 4.0

Digital Download  
PDF (8.86 MB)


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Relationships matter: the currency for systemic change was trust, and trust comes through forming healthy working relationships. People, not programs, change people.

Bruce D. Perry

 quoteFancy

# Circles- A Multi Tiered Regulation Tool

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# Circle Routines- High Leverage Regulation Activities

- Creates a Climate of Trust
- Positive Behavior Support
- Peer Modeling
- Relationship Building



# CIRCLES ESTABLISH 3 KEYS TO CARING RELATIONSHIPS

1. Warmth – accept your students for who they are and care for them as a good parent cares for their child. Show them that they are important to you.
2. Empathy – understand how your students think and feel about what is going on around them.
3. Time – take the time to physically and mentally present when talking with your students

**You need to sincerely believe your students are capable of succeeding  
and you must press them to do so!**

# Circles Establish Positive Student/Teacher Relationships

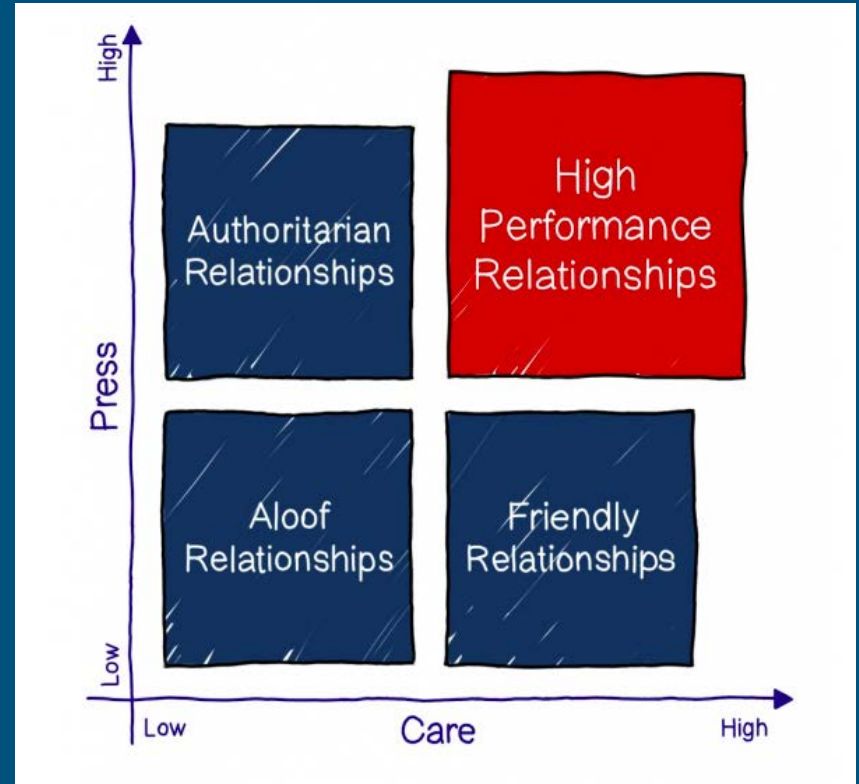
**Authoritarian teachers:** show high amounts of press and low amounts of care.

**Friendly teachers:** show a high degree of care but a low amount of press.

**Aloof teachers** show low amounts of press and low amounts of care.

*“Teachers who forge high-performance relationships care for their students, while simultaneously pressing them to excel”*

[evidencebasedteaching.org.au/crash-course-evidence-based-teaching/teacher-student-relationships/](https://evidencebasedteaching.org.au/crash-course-evidence-based-teaching/teacher-student-relationships/)



# FOUR COMPONENTS OF MORNING CIRCLE:

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- Greeting
- Sharing
- Group activity
- Morning message



# Establish Ground Rules

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- Listen Respectfully
- Look at the person who is talking
- Keep your body in control
- Raise your hand if you want to talk
- Make room for everyone in the circle
- Offer thoughtful questions and comments

# Routine and the Three R's

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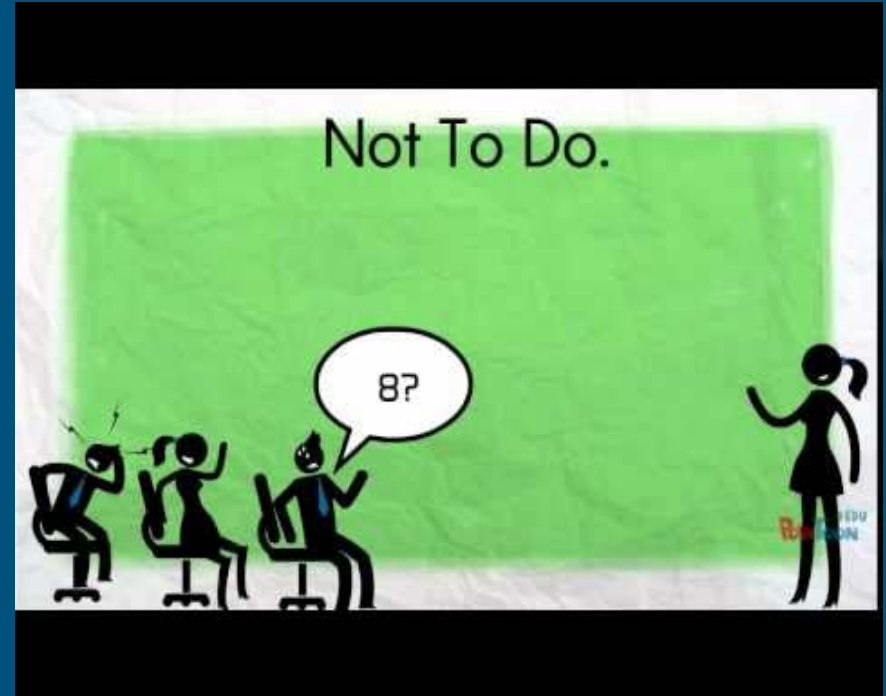
- Say what you will model and why
- Model Behavior
- Ask students what they noticed
- Invite one or more students to model behavior
- Ask students again what they noticed
- Provide Feedback
- *Reinforce*, the good things you are seeing and hearing
- *Remind*, student of expectation
- *Redirect*, the students to the behavior you want to see

# Consistent Adult Responses = Trauma Informed

Circles provide a forum to establish consistent adult responses. It provides a sense security, offers parameters, and creates a positive class environment.

It models expected behaviors for students.

Creates safe relationships



# Activity



# Trauma-Informed Teaching: A Whole School Approach

[Edutopia.com](https://www.edutopia.com)



# Resources:

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- Burger, Todd. An Inside Look at Trauma-Informed Practices. <https://www.edutopia.org/article/inside-look-trauma-informed-practices> 2/5/18
- [www.teacherspayteachers.com](http://www.teacherspayteachers.com)
- What Everyone Needs to Know About High- Performance, Teacher Student Relationships. [evidencebasedteaching.org.au/crash-course-evidence-based-teaching/teacher-student-relationships/](http://evidencebasedteaching.org.au/crash-course-evidence-based-teaching/teacher-student-relationships/). Accessed 4/1/2019

~ Q & A ~



Thank You