



WHAT IS TRAUMA

OBJECTIVES

*BY THE END OF THE PRESENTATION,
PARTICIPANTS WILL BE ABLE TO:*

- Define trauma and levels of stress

GUIDELINES

- **VOLUNTARY** Participation
- Be Respectful if Opting Out
- Support a caring and inclusive environment
- Use **SELF-REGULATING TOOLS** to manage your body, mind and emotions.
- **Stand up or Step Back**
- **Have Fun!**

***CHOICE...CONTROL...EMOTIONAL
MANAGEMENT***

SHARE THE RAINBOW ACTIVITY

- In your small groups, please share your answers related to the colors of Skittles you have in your hand.
- Red: Where did you grow up?
- Green: Where is your happy place?
- Yellow: What are your favorite past times and/or hobbies?
- Purple: What is your favorite food?
- Orange: What is your favorite season?



Reflection
And
Brain Break

*AS MANY AS TWO OUT OF EVERY THREE
CHILDREN HAVE BEEN EXPOSED TO AT
LEAST ONE TRAUMATIC EVENT BEFORE
THE AGE OF 16.*

[HTTP://WWW.SAMHSA.GOV/CHILDREN/DROPIN_TRAUMA_ELEMENTARY.ASP](http://www.samhsa.gov/children/dropin_trauma_elementary.asp)

?

What is
Trauma?

- Sudden
- Unexpected
- Perceived as dangerous
- Threat of physical harm or actual physical harm
- Intense fear, helplessness
- Overwhelms our immediate ability to cope

TRAUMA ACTIVITY

- In your small group, brainstorm events and/or things that may be traumatic to the children in your class.
- On a sticky note please write each traumatic item

TRAUMA IS...

Traumatization occurs when both internal and external resources are inadequate to cope with an external threat.

-Bessel Van der Kolk, *The Body Keeps the Score*

Trauma is not an event itself; it is a RESPONSE to a stressful experience in which a person's ability to cope is dramatically undermined.

Massachusetts Advocates for Children,
2005

RANKING ACTIVITY

- In your small groups, rank the order of trauma for the items you listed on the post it notes
- Most traumatic to least traumatic

IT'S ALL ABOUT PERCEPTION...

- And our biology
- And our caregivers' responses



TRAUMA IMPACT IS DIFFERENT

- How many traumatic experiences...
- Duration and intensity
- Does it involve primary attachment figures?
- Age when experiences begin
- A person's natural temperament
- Cognitive capacity
- How many healthy people are around to support the person?

STRESS LEVELS

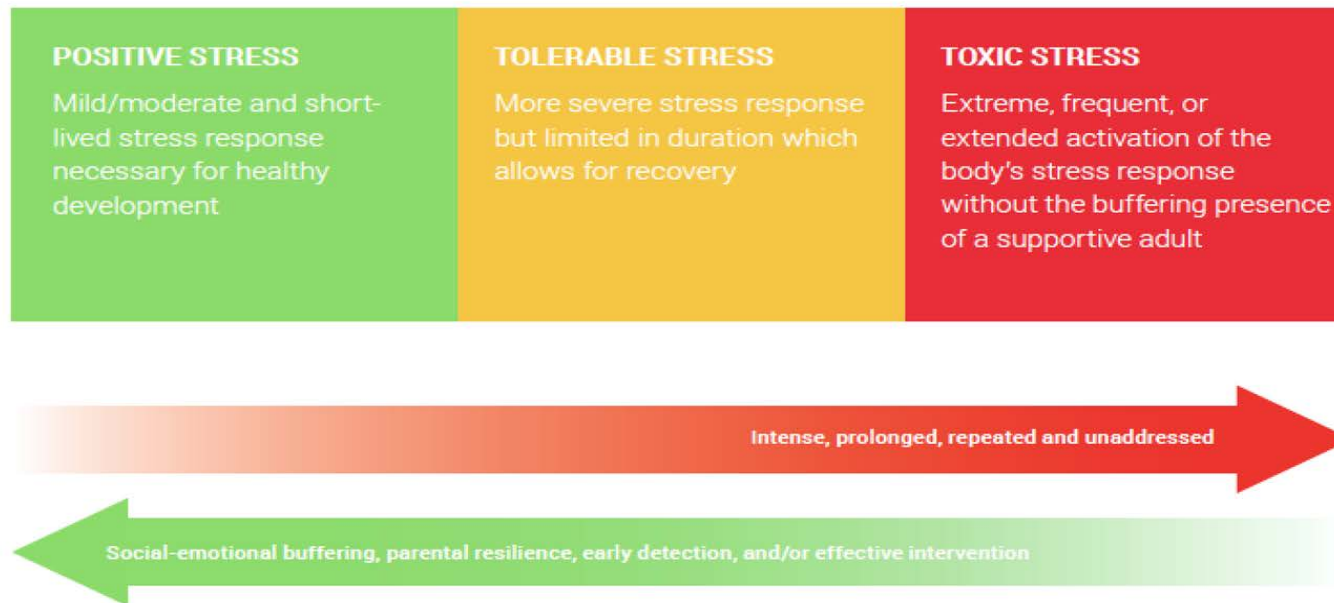


Figure 2: Spectrum of stress

<https://developingchild.harvard.edu/>

WHAT IS TRAUMA VIDEO

- <https://www.youtube.com/watch?v=6BdW6tAb-5M>

BEGIN TO THINK ABOUT CHILDREN IN YOUR CLASS
THAT MAY HAVE BEEN IMPACTED BY TRAUMA

