



Trauma defined (ACEs)



Impacts of trauma



The Brain & the Stress  
Response



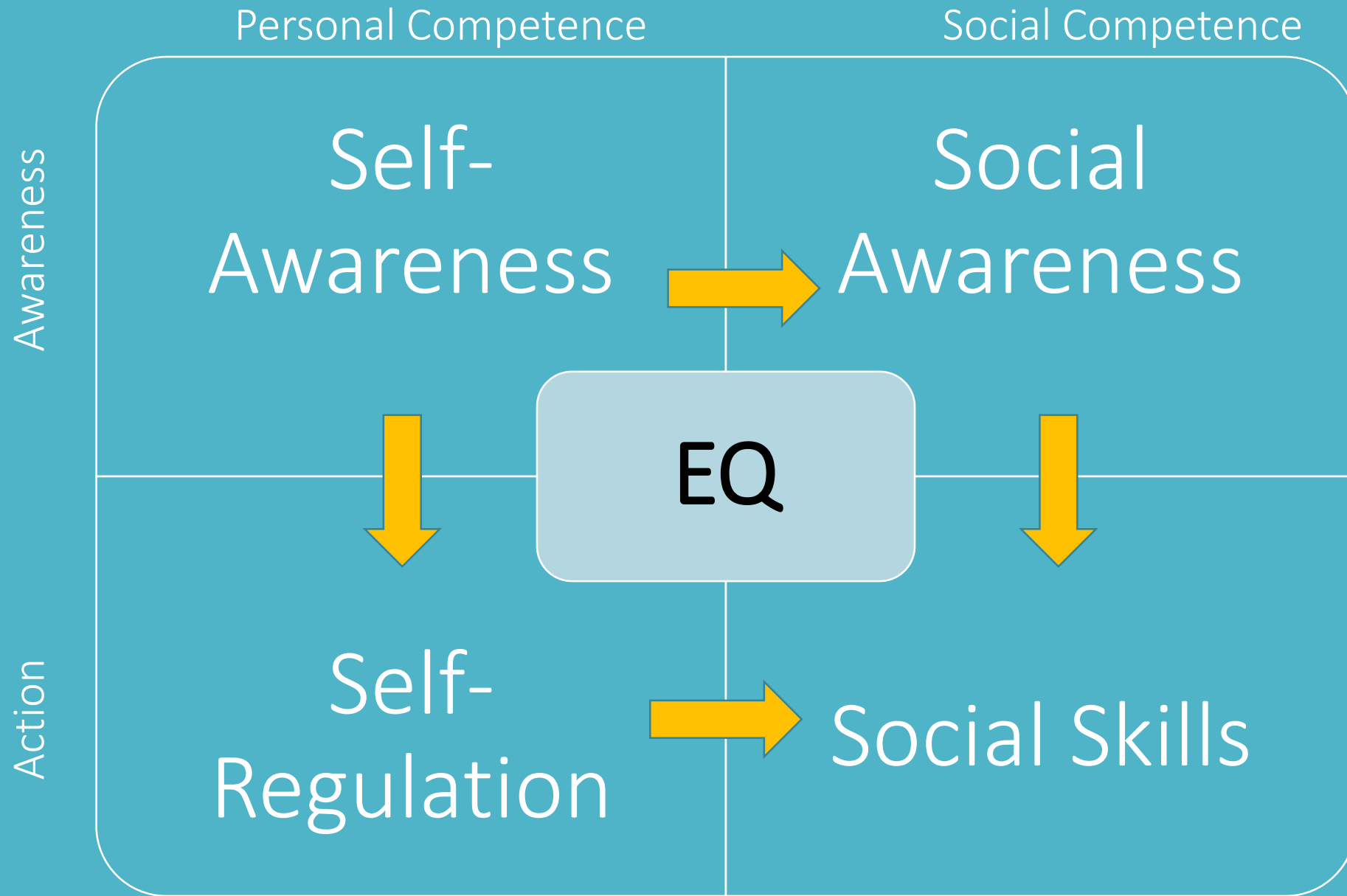
Classroom practices

# Agenda

1. Lived with a parent or guardian who became divorced or separated
2. Lived with a parent or guardian who died
3. Lived with a parent or guardian who served time in jail or prison
4. Lived with anyone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks
5. Lived with anyone who had a problem with alcohol or drug
6. Witnessed a parent, guardian, or other adult in the household behaving violently toward another (e.g., slapping, hitting, kicking, punching, or beating each other up)
7. Been the victim of violence or witnessed any violence in his or her neighborhood
8. Experienced economic hardship “somewhat often” or “very often” (i.e., the family found it hard to cover costs of food and housing)

Adverse  
Adverse  
Childhood Experiences

# Adverse Childhood Experiences



# Incorporates SEL

*Explicit SEL instruction*

*Integration of SEL and Academics*



# Mindfulness

Helps us notice what is happening in the present moment—thoughts, emotions, sensations and surrounding environment.

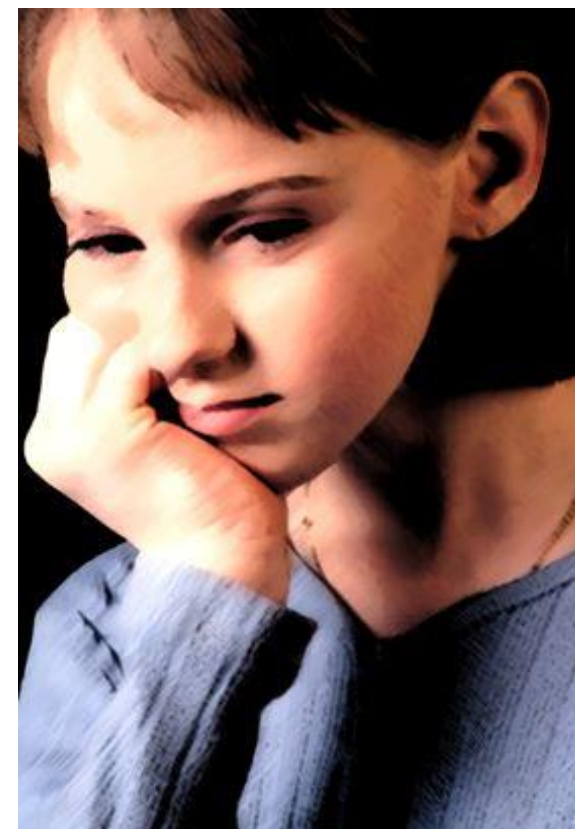
*“Unless trauma is addressed it becomes the lens through which children process all subsequent experiences; thus, they are often not fully in the present moment.”*



# Trauma- Informed Discipline



Case  
Studies



# Want to Book This Workshop? Contact Us Today!



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