

TRAUMA-INFORMED CLASSROOM

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01

CREATE A SAFE SPACE



Safe space is not only about physical safety but emotional safety. Be mindful of big or quick physical movements, the volume of the classroom, and class layout. Implement zero tolerance for bullying/students putting each other down. Encourage participation and offer choices on the ways to participate.

02

CREATE PREDICTABILITY

- Let students know about any changes to the schedule and why they're happening.
- Give reminders "You have 20 minutes to complete the assignment, I'll let you know when you have 5 minutes left."
- Visual cues like schedules/planners/lesson plans/due dates



03

CREATE TRUST

Unexpected changes can be dysregulating for students who have experienced trauma. Consistent responses foster trust and help students feel safe.

04

OFFER CHOICES

When possible, offer choices to empower students and give them a sense of control.



05

EMOTIONAL REGULATION



Keep in mind, while students are having trauma and stress reactions, their brains are less capable of rational thinking. When students become overwhelmed, offer space to emotionally regulate. Try a grounding practice.

06

BUILD RELATIONSHIPS

Connections are one of the most powerful tools for healing. Get to know your students' interests, and try to create opportunities where they build relationships with others.

