



COALITION FOR
COMPASSIONATE
SCHOOLS

Regulate to Educate: Trauma-Informed Approaches for Educator and Student Wellbeing

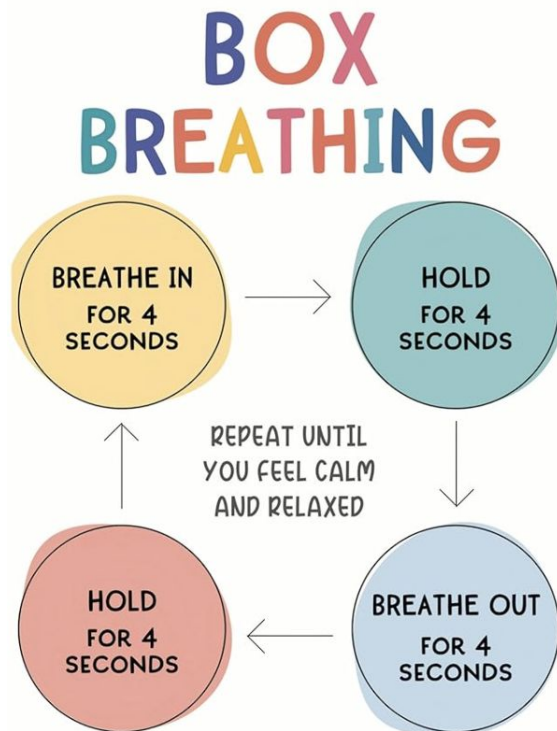
Louisiana Educators Rising Conference
March 12th, 2026



Learning Objectives

- Understand what trauma is and how it manifests in the classroom
- Incorporate regulation techniques to use for your personal wellbeing and to teach to students
- Develop a trauma stewardship plan to help mitigate secondary traumatic stress

“The future belongs to those who believe in the beauty of their dreams.”
— Eleanor Roosevelt



One thing you hope to get out of today's session



Components of the Brain Smart Start

Activities to Unite

- Singing a class song
- Reciting a chant or set of agreements
- Moving in unison



Activities to Disengage Stress

- Stretching
- Breath work
- Rhythmic movement



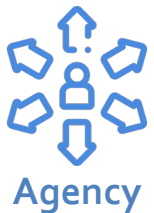
Activities to Connect

- Greetings with various handshakes
- Share a moment of gratitude or success



Activities to Commit

- Group commitment to a classroom agreement
- Personal learning commitment



(Conscious Discipline, n.d.)

WHAT IS TRAUMA

The harmful interruption of **safety, agency, dignity, or belonging.**

Overwhelms our ability to **cope** with or **integrate** our experience of an event.



Is embodied at multiple levels: **individual, collective, systemic, intergenerational** and/or **historical**



Can be **acute, chronic, cumulative, complex**

Adaptations to Trauma



Thinking & Learning Adaptations

- Difficulty paying attention, problem solving, setting goals, taking perspective, retrieving prior learning
- Difficulty thinking clearly
- Difficulty storing, consolidating, and retrieving new information

Adaptation to Trauma



Behavior Adaptations

"A highly sensitive stress-response system constantly on the lookout for threats can produce patterns of behavior that are self-defeating in school: fighting, talking back, acting up, and, more subtly, going through each day perpetually wary of connection with peers or teachers."

-- Paul Tough, 2016

What To Teach Students: The Brain



- “Upstairs brain”/
The Wise Owl
(Pre-frontal cortex)

- Responsible for thinking, planning, and learning.

Wise Owl
(Prefrontal Cortex)



- “Downstairs brain”/
The Guard Dog
(Amygdala)

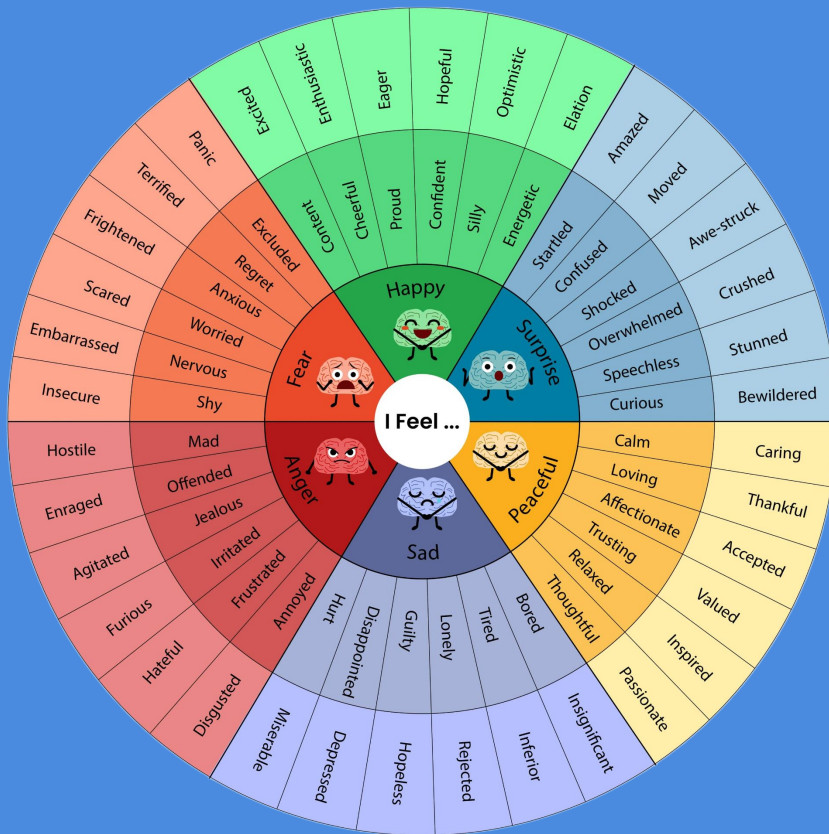
- Responsible for survival, threat detection, and emotions like anxiety and fear.



Guard Dog
(Amygdala)

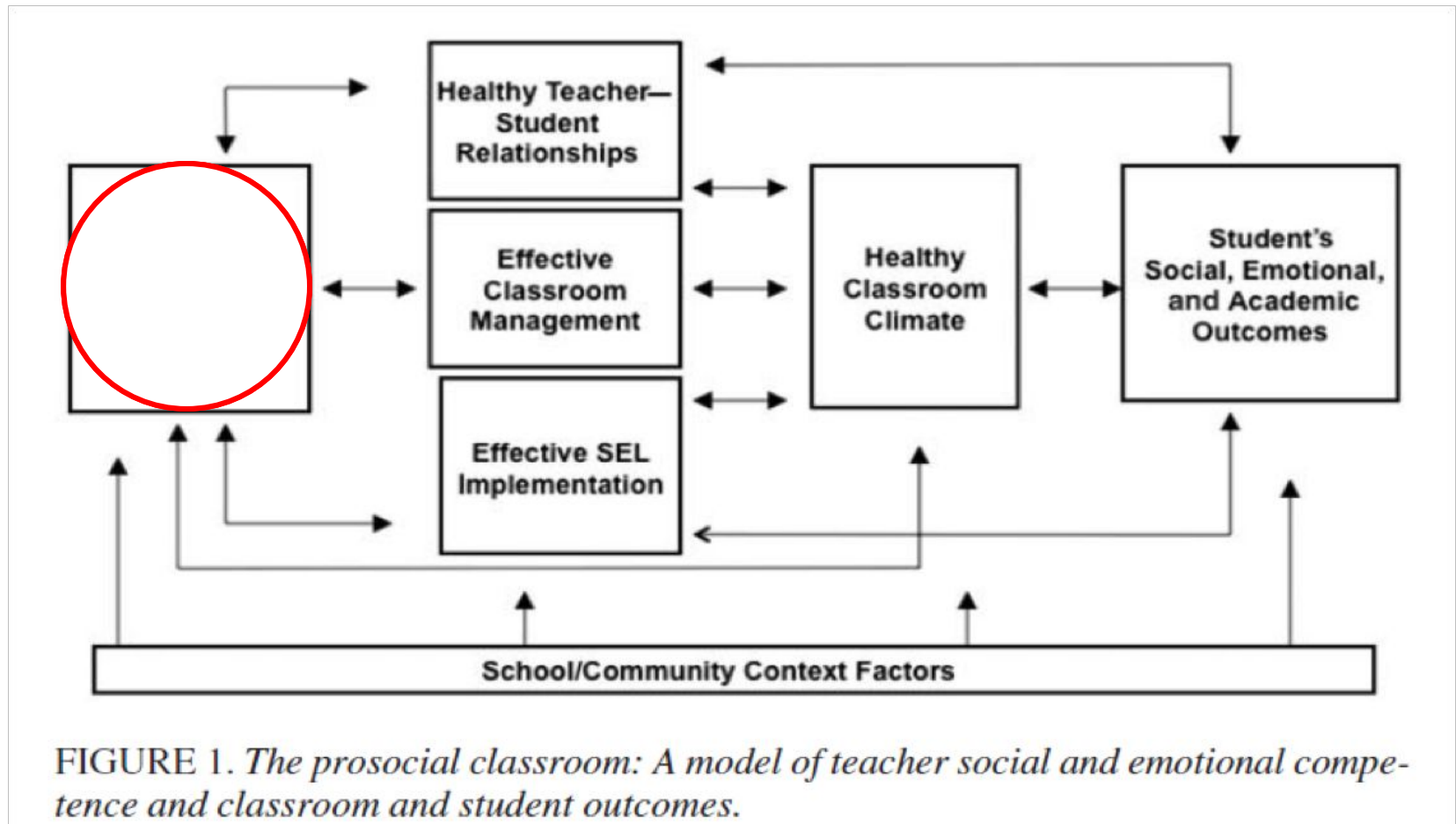
(Siegel, D. J., & Bryson, 2012)

What To Provide Students: Feelings



- Feelings wheels / mood meter
 - “Name it to tame it”
- Read-alouds or stories and discussion about regulation and strong feelings.
- Posted visuals - emotion vocab chart, breathing techniques, how to ask for help, etc.

Prosocial Classroom Model

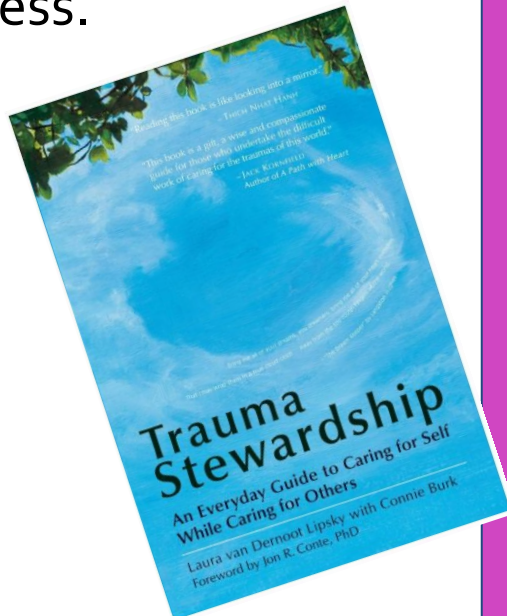


Jennings & Greenberg (2009)



What is Trauma Stewardship?

- The overall set of strategies an individual or collective employs in order to stay well while doing work that exposes them to secondary trauma or secondary traumatic stress.



What is Secondary Traumatic Stress?

- The natural behaviors and emotions resulting from knowing about a traumatizing event experienced by a significant other, the stress resulting from helping or *wanting to help* a traumatized person. (Figley, 1995)
- Presence of post-traumatic stress disorder (PTSD) symptoms caused by at least one indirect exposure to traumatic material (NCTSN, 2011)

Trauma Stewardship Practice Plan

Advanced Preparation

- Something you do before entering the situation (e.g., relaxation, mental rehearsal, seeking support)

In-the-Pocket Strategies

- Something you do in the situation (e.g., deep breathing, muscle relaxation)

Recovery Strategies

- Something you do after the situation (e.g., reaching out, taking down time, enjoyable activities)

Ongoing Self-Care

- Something you do purposefully to increase well-being and decrease stress (e.g., yoga, sports, me-time)



- 1) Walk around the room and look at the posters with some of the examples in each category
- 2) Add your own strategies you use to the posters
- 3) Go back to your seat and fill out your individual plan with the ideas you got

Trauma Stewardship Plan Gallery Walk



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Additional Information & Questions

Want to learn more?

- **Individuals:** Reach out to request access to our online learning modules
- **Pre-Educator/Higher Ed Programs:** Reach out to request a guest lecture or series of trainings in your program (Shoutout to Warren Easton in New Orleans!)

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