

Trauma Informed Tips for Educating Through Coronavirus

Experts from the National Child Traumatic Stress Network share their recommendations for educators supporting students during the COVID-19 crisis. From a trauma-informed standpoint, what do educators need to be conscious of as they navigate the transition to distance learning? Learn more at www.tolerance.org

TIP 1: Practice Self-Care



- We can't help our students if we can't help ourselves.
- Create a plan to address the issues you can control and to work on letting go of the ones you cannot.
- Utilize social supports as needed.
- Create a routine that includes getting up at a regular time, getting dressed for the day, and some way to move your body.

TIP 2: Jumping fun



Educators can display their investment by creating relational rituals before checking on assignments with students. For example, students and educators can share one tough moment and one hopeful moment of the day, share one new lesson they learned about themselves during the day.

TIP 3: Communicate Predictable Routines



Maintaining and communicating predictable routines is very important. Doing so helps students to maintain a sense of psychological safety—a sense that they can manage stress or connect with someone who can help them manage stress.

TIP 4: Target Feelings of Connectedness, and Hope



1. Connectedness: Incorporate space for play and fun activities into online lesson plans or take-home packets.
2. Hope: Teach about other historical times of crisis, including how these ended and communities rebounded.

TIP 5: Affirm the Student's Sense of Safety



- Reach out, provide space and encourage students to connect with them or another trusted adult or counselor to talk about their safety concerns.
- Encourage students to talk to friends or family members on the phone.

TIP 6: Promote Self Awareness and Incorporate Mindfulness



- Promote self-awareness by having students review a feelings chart and share how they are feeling.
- Recommend quick mindfulness exercises such as smelling a flower or completing four-corner breathing prior to completing the lesson.



Teaching Tolerance

Source: <https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus>

