Mindfulness

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Recipe for a Trauma-Informed Early Childhood Classroom
Trauma-Informed Early Childhood Classroom

Ilene Pawlak and Julie Simmons

- Culture and Community
- Classroom Routines
- Classroom Management
- Instructional Strategies
- Regulation
Create the feeling of safety

- Learn
- Regulated
- Connected
Ingredient #1
Culture and Community

Building Community
One Block at a Time
The Importance of a Greeting
Good Morning!!!!!
Take Care of ....
Take Care of Each Other
Words are Powerful

Use your words to help others and make them feel good.
How You Feel Matters!!!!
Brain - Smart
Heart - Smart
Ingredient #2

Classroom Routines

How does this differ for your kids with trauma?
Established Schedules

- Morning
- Snack
- Lunch
- Move around the classroom
- Line up
- Dismissal
Routines need to be:

Clear
+
Predictable =

Safety
Ingredient #3
Classroom Management

“Things are not always what they seem; the first appearance deceives many; the intelligence of a few perceives what has been carefully hidden.”

— Phaedrus
Look familiar?

Youtube
Toddlerography w/ Jason Derulo

https://www.youtube.com/watch?v=ZVEVLwhz0J0
Proactive vs. Reactive

How can I follow my kids, yet be proactive?
The Juggle

It gets harder and harder!
Managing the Unexpected

You're going to juggle eggs? It's a metaphor for life, Hobbes.
Each egg represents one of life's concerns and the goal is to give each the appropriate amount of individual attention while simultaneously watching and guiding all the others.
Life is about balance and staying quick and alert as everything threatens to spin out of control.
And sometimes we make a big mess of things, but the important thing is persistence.
One Size Fits One
Physical Space
But

Time Out

BUT

Emojis:
- Sad
- Neutral
- Happy
Fix it! An Apology

TODAY I'M IN THE BOX OF SHAME
BECAUSE
I ATE THE LACES
to HOMES RUNNING SNEEZE
PUNISHMENT FOR LICKING
ME HOME TO GO TO YOGA
Transitions

A Proactive Response

- Me Moves
- Cosmic Yoga
- Songs
- Dance
- Brain Bridges

What else?
Ingredient #4
Regulation
THE NEW SEASON UNVEILS
A MASTER OF RESTRAINT
AND RESOLVE

DO NOT CLICK HERE
READY, SET... WAIT!
HOLD YOUR HORSES
The Toolbox
The Dream
What does it look like?

Self-Regulation
The Different Faces of Regulation
Like This!
Or This!

Even This!
Ingredient #5
Instructional Strategies
Modeling
Language

WARNING ALERT!
Keep your iPhones and valuables under watch!!
Thefts are being reported in the Library.
Process - Directions

- Building
  - Step by Step
  - Simple/Chunks
- Spiraling
- Integration
Expectations

- Review frequently
- Same but different
- Validate needs but hold firm to the expectations
LESS IS MORE.
Targeted Choice
Too much freedom inhibits choice. Constructive narrowness clarifies choice.

— Walter Darby Bannard —
Resources:
Create the feeling of safety

LEARN

Connected

Regulated
Contact us…

- Julie Simmons  juliesimm@icloud.com
- Ilene Pawlak  jpee1031@google.com

Thank you for coming… and for the amazing work you do with students every day!