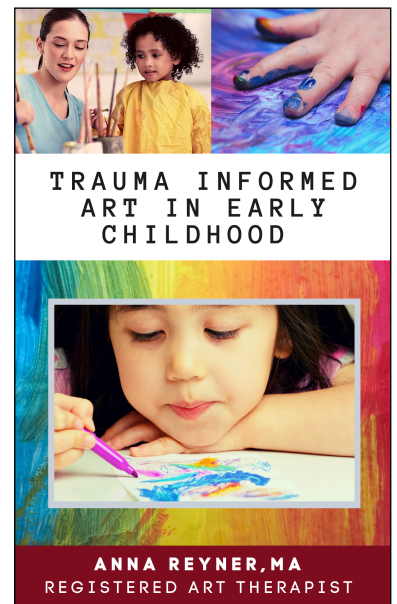


Strengthening Emotional Resiliency in Children Through Art

Trauma Informed Art in the Early Education Classroom

An Early Educator's Workbook & Guide

By: Anna Reyner, MA. ATR, LMFT
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Chapter 1: What's so Great about Art?

- Art as a visual language / authentic communication
- Child centered art - children as capable learners
- Process versus product - art as an experience, not a thing

Chapter 2: Art & Neuroscience

- Neurobiology of engaged sensory experiences
- Early brain development - how art experiences builds the brain
- The neuroscience of trauma and memory / suppression and repression
- Brief literature overview / the science behind trauma informed art

Chapter 3: Art & Child Development

- Developmental Milestones & the Pandemic set backs
- How Art Impacts Learning
- PreK Learning Foundations - Visual Art and SEL
- Developmental learning theories: Piaget, Vygotsky, Gardner, Rhoda Kellogg

Chapter 4: Art & Trauma

- Overview of Art Therapy 101 for Educators
- Do's & don't - educators as informed guides not licensed therapists
- Using art to get to know your children better - the magic of art as a language
- Signs of potential trouble - red flags & what to look for
- What to do when you suspect a red flag - how, when and to whom to report

Chapter 5: Trauma Informed ECE

- Understanding Adverse Childhood Experiences
- Theories & Foundations of Trauma Informed Care in early childhood
- The Big 3 To Remember: Safety, Connection & Calm (the mantra)
- Real Life Examples: Do This, Not That
- Overcoming Stigma - the invisible barrier to helpful interventions
- UDL - Universal Designs for Learning

Chapter 6: The Body & Trauma

- The Body Keeps the Score / Dr. Bessel Van Der Kolk
- Our Senses - 5 plus **Proprioceptive & Interoceptive**
- Classroom Behaviors: Sensory seeking & sensory avoidant
- How art helps children self regulate and manage stress.
- Sit then stand - Including fine motor & gross motor activities
- Sensory integration: rhythm, motion & crossing the midline

Chapter 7: Diversity, Equity & Inclusion

- Four Core Goals of Anti Bias Education
- What is Culturally Sensitive Trauma Informed Care
- MultiCulturalism - is bias inherited or learned?
- What is a family today - blended, adopted, single parents, gender parents.
- Planning Anti-Bias Education Activities for Your Program's Curriculum

Chapter 8; Building Resiliency

- Attachment & Attunement
- Self regulation & mindfulness for young children
- Avoiding re-traumatization
- [Add a couple more categories here](#)

Chapter 9 : Teachers & Caregivers

- Teachers as Protective Factors in TIC
- Emotional Intelligence - building self awareness and self regulation
- Secondary Trauma - what to do about it.
- Self Care & Building Community

Chapter 10: Talking About Art

- Art as a Bridge to Authenticity
- Active Listening - Learning to Listen Better
- Art as a Bridge to Helping Families
- Inquiry Based Questioning
- Visual Literacy

Chapter 11: Choosing Art Materials

- Introducing Basic Art Materials
- 4 Steps to Introducing New Art
- Inventory & Teacher Morale: Who Decides?
- Art Media for Release & Calm
- The Supply List - Art Materials & Loose Parts

Chapter 12: Art Lessons

18 Art Lesson Plans

Chapter 13: Art Techniques

10 Pages Art Techniques

Chapter 14: Classroom Environment: Set Up & Routines

- Creating a safe and secure environment
- The environment as a teacher
- Modulating light, sound & clutter stimulation
- Maker spaces & Loose Parts
- Portfolios - maintaining art portfolios for parent-teacher conference.
- Special Art Set Ups - for calming & release

Chapter 15: Challenges and How to Overcome Them

- Tech Addiction & Child Neglect / loss of human connection & attachment
- Teachers Challenges - the desire for neat, tidy, "cute" classrooms
- Parent Challenges - stigma, blame & when children go home with paint on their clothes
- Administrators Challenges - there's no time between curriculum & assessments.

- Overcoming stigma - the silent barrier
- Networking - Growing your local referral community
- Advocacy & Community Engagement - developing and sharing resources

Closing Summary / What's Next? Action Steps to Take

- This is what it looks like in the real world
- You can do this, and it will make your life better.

Appendices

Glossary of Terms

Bibliography