

WHAT DEFINES A TRAUMA-INFORMED Classroom?



3 KEY ELEMENTS



SAFETY

1. SAFETY - Create a safe environment

Teachers, aides and the classroom environment support each child's feelings of safety, trust and belonging. Classroom set up includes areas and activities for both quiet focus & stress release.

2. CONNECTION - Build relationships

All caregivers strive to build genuine emotional attachments with each child and support trusting peer relationships between children.

CONNECTION

CALM

3. CALM - Teach emotional regulation

Teachers and aides develop, practice and talk about their own self regulation habits and teach children age appropriate self-regulation strategies for everyday classroom practice.