

Course Title: Supporting Students Through Childhood Trauma	
Number of Content Modules: 5	Grade Levels: K-12
Questions: 1-855-498-4400 PD@TeachnKidsLearn.com	TKL Catalog: https://teachingknowledgeloop.com/external-catalog

Course Description

This course on supporting students through childhood trauma will provide educators with the knowledge and skills necessary to help students cope with stress and anxiety. The course will cover key strategies for supporting students in managing their emotions and behaviors.

Educators will implement trauma-informed practices to create a safe and supportive classroom environment. In addition, the course will examine the role of the teacher in building caring student-teacher relationships to mitigate the effects of trauma and support students' academic and social-emotional development.

Throughout the course, educators reflect on their teaching and develop a plan to incorporate trauma-informed practices in their classrooms. The goal of the course is to empower educators to become confident and supportive teachers prepared to provide safe, inclusive, supportive learning environments to students who have experienced trauma.

Course Objectives

- CO.1** Use knowledge about the impact of adverse childhood experiences and stress on students and learning and will individualize their practice based on the needs of their students to reduce inequities, stress/trauma, and disruptions in the classroom. (Danielson Component 1b, 1c, 2a, 2b, 2c, 2d, 3a, 3c, 3e, 4a, 4c, 4e)
- CO.2** Develop an understanding of how mindfulness activities and other stress-reduction techniques help students manage day-to-day stress so they can be more productive in the classroom. (Danielson Component 1b, 1d, 2a, 2d, 3c, 3e, 4a, 4e)
- CO.3** Identify factors that impede learning as a result of their personal biases, values, or beliefs and will identify cultural differences that contribute to inequities in learning for their students. (Danielson Component 1b, 2a, 2b, 2c, 2d, 3a, 3c, 3e, 4a, 4e)
- CO.4** Identify the impact of toxic stress and anxiety in students and use a variety of specific actions, steps, and strategies to shift their personal beliefs and change existing practices to improve student mental health, their own classroom culture, and their response when stress or anxiety appears and inhibits learning in the classroom. (Danielson Component 1b, 2a, 2b, 2c, 2d, 3a, 3c, 3e, 4a, 4c, 4e)
- CO.5** Identify professional organizations that provide information about mental health and disordered behaviors. (Danielson Component 1b, 2a, 2b, 2d, 3a, 3c, 3e, 4e)
- CO.6** Implement trauma-informed teaching practices that consider racial, ethnic, or cultural barriers that cause students stress or anxiety and will implement changes to their own belief system and classroom practices. (Danielson Component 1b, 2a, 2b, 3a, 3c, 4a, 4e)
- CO.7** Use stress-reduction techniques such as team building, humor, and restorative practices to create more positive classroom cultures that include a sense of security and belonging. (Danielson Component 1b, 2a, 2b, 3a, 3c, 3e, 4a, 4e)
- CO.8** Incorporate changes in beliefs, norms, attitudes, and practices that can strengthen student personal identities and build resilience to face and overcome challenges in themselves and in their students. (Danielson Component 1b, 2a, 2b, 3a, 3c, 4a, 4c, 4e)
- CO.9** Assess their own level of secondary traumatic stress and will take steps to seek any mental health support they may need to support student learning and be more successful in their own professional lives. (Danielson Component 1b, 1d, 2a, 2b, 3a, 4a, 4e)

Course Outline

Course Introduction Module

Course available completely online
(24/7 and Self-Paced)

Assignments due by the end of the term.

Module Topics

In this module, you will learn about the course set-up, expectations for learning and collaborating, meet your colleagues, and reflect on your prior knowledge about teaching with artificial intelligence.

- Course Navigation & Methodology
- Course Description
- A Transformative Approach to Education
- Expectations and Community Agreements for Engaging in Brave Dialogue
- Community Building Circle: Course Story
- Course Objectives

Module 1: Promoting Learning Equity in Multicultural Students

Module Topics

This module will focus on examining the various aspects of a student's life that affect their access to equitable learning and how we, as educators, can address their needs.

Section 1: Creating Classrooms that Support the Needs of All Learners

- Reflect on It! Beliefs About Childhood Trauma Influences Practice (15 min.)
- Learn About It! Leading Healthy and Productive Lives (30 min.)
- Learn About It! Stress in Our Lives (15 min.)
- Learn About It! What is Stress (15 min.)
- Learn About it! How Big of a Problem is Stress for Students? (30 min.)
- Learn About It! How Does Poverty Impact Childhood Stress? (15 min.)
- Learn About It! Critical Consciousness and Freire (30 min.)
- Practice It! Implicit Associations (1 hr.)
- Learn About It! How Does Race, Ethnicity, or Culture Impact Stress? (45 min.)
- Reflect on It! Understanding Culture (30 min.)

Section 2: Stress and Its Impact on Students

- Reflect on It! Understanding the Stressors Students Face at School (30 min.)
- Reflect on It! Developing Executive Function (1 hr.)
- Learn About It! Mindfulness Can Reduce Stress (1 hr.)
- Reflect on It! Reducing Stress in the Classroom (45 min.)
- Practice It! What is Mindfulness (30 min.)

Module 2: Supporting Students Who Have Experienced Trauma

Module Topics

This module will focus on helping educators identify anxiety, stress, and trauma in students. Educators will learn about how classroom culture impacts or triggers students' trauma and anxiety and the effects on learning. Activities include strategies that address anxiety in students, coping techniques for students, self-regulation, and addressing the impact of relationships between student and teacher to increase learning.

Section 1: Anxiety in the Classroom

- Reflect on It! What is Anxiety? (30 min.)
- Learn About It! Adverse Childhood Experiences (ACEs) and Trauma in the U.S. (30 min.)
- Reflect on It! General Anxiety Disorder (GAD) (30 min.)
- Reflect on It! Engaging Students with Anxiety in Learning (1 hr.)
- Learn About It! Working with Students with Anxiety Disorders (30 min.)
- Learn About It! Learned Helplessness and Work Refusal (30 min.)
- Practice It! Helping a Student Struggling with Anxiety (30 min.)
- Master It! Honoring Student Identity in Anti-Bias Classrooms (1 hr.)

Section 2: Giving Students with Trauma Tools for Educational Success

- Learn About It! The Impact of ACEs on Children (30 min.)
- Learn About It! Recognizing Trauma Warning Signs (30 min.)
- Practice It! Intervening with Escalating Behaviors (30 min.)
- Learn About It! Helping Students Learn Emotional-Behavioral Regulation (15 min.)
- Reflect on It! Managing Stress and Frustration with Self-Regulation (30 min.)
- Learn About It! What Immigrant and Refugee Students Bring to the Classroom (15 min.)
- Learn About It! Supporting Immigrant and Refugee Families (15 min.)
- Reflect on It! Reflecting on Immigrant and Refugee Students and Families (15 min.)
- Learn About It! Bringing Anxiety to School (30 min.)

Module 3: Helping Students Stay Safe and Healthy (Optional Module)

Module Topics

Module Warning: The content of this module may be emotionally challenging and difficult for some participants. It contains information about self-harming behaviors, eating disorders, substance abuse, mental health, and suicide. Please proceed with care. You may skip any of the steps in this module at any time. Skipping these steps will not impact your grade in this course.

Section 1: Mental Health Resources for Educators

- Learn About It! Trigger Warning: Sensitive Content
- Learn About It! Self-Injury and Self-Directed Violence
- Learn About It! Eating Disorders
- Learn About It! Substance Use
- Learn About It! Suicide and Suicidal Ideation
- Learn About It! Human Trafficking
- Learn About It! Researching District Policies

Module 4: Creating Safe, Equitable, Trauma-Informed Classrooms

Module Topics

In this module, you will learn techniques for designing safe, welcoming, and affirming spaces for learning and applying trauma-informed practices to support students.

Section 1: Creating A Safe, Equitable, Trauma-Informed Classroom

- Learn About It! Creating a Trauma-Informed Classroom (30 min.)
- Learn About It! Creating a Culture of Caring and Service (30 min.)
- Learn About It! Climate Impacts Student Success (30 min.)
- Reflect on It! Empowering Students for Success (30 min.)
- Learn About It! Reducing Trauma Through (30 min.)
- Practice It! Student Success in the Classroom (1 hr.)

Section 2: Instructional Strategies for Engaging Multicultural Learners

- Learn About It! Making Learning Fun, Focused, and Meaningful (30 min.)
- Learn About It! Up and Laughing – Get that Blood Pumping! (30 min.)
- Reflect on It! Relieving Academic Stress in the Classroom (30 min.)
- Practice It! Connecting Learning to Practice (30 min.)
- Master It! Using What I Have Learned (60 min.)

Module 5: Caring Relationships in Racially and Culturally Multicultural Classrooms

Module Topics

Module 5 focuses on the practical solutions and implementations that support the development of culturally responsive schools and classrooms as well as fostering caring relations through Social-Emotional learning and instruction. As educators, we will discuss how student learning will only improve once their emotional needs are met that then allow for increased motivation that may lead to a rise in student engagement.

Section 1: Strengthening Caring Relationships

- Learn About It! Creating a Culturally Competent Classroom (30 min.)
- Learn About It! Strategies for Culturally Competent Educators (30 min.)
- Learn About it! Managing an Active Classroom (30 min.)
- Reflect on It! Making a Commitment to Student Success (30 min.)
- Practice It! Improving Student Learning in Multicultural Classrooms (30 min.)
- Master It! Building Cultural Competence into Lessons (1 hr.)

Section 2: Teacher Secondary Traumatic Stress

- Learn About It! Teacher Stress in the 21st Century (30 min.)
- Learn About It! Taking Time to Recharge (30 min.)
- Learn About It! Integrating Social, Emotional, and Academic Development (30 min.)
- Reflect on It! Tips to Combat Secondary Traumatic Stress (30 min)
- Learn About it! Resources for Teachers and Schools (1 hr.)
- Practice It! Supporting Each Other as Professionals (30 min.)
- Master It! Applying My Learning to Practice (1 hr.)

Course Wrap-Up Module

Module Topics

In the Course Wrap-Up Module, you will reflect on your self-efficacy for mastering the course objectives.

Section 1: Summative Course Reflection

- Master It! Summative Course Reflection [30min]
- Reflect on It! Course Evaluation and Feedback [30min]
- Learn about It! Course Reference List