

**This is a flexible plan for handling students showing signs of triggered or activated trauma**

This is a flexible framework, designed to be adapted for different educational settings.

Step:	Details:	Possible Strategies :
Grounding in the senses	Use sensory experiences to help the person become present	<ul style="list-style-type: none"> <li>- <a href="#">54321 grounding</a></li> <li>- <a href="#">Progressive Muscle relaxation</a></li> <li>- Hold an object and focus on it: a crystal, rock, fidget tool</li> <li>- Look through a seek and find books such as <i>Where's Waldo</i></li> <li>-Breathwork</li> <li>-Drink cold ice water</li> <li>-Playdough</li> <li>-Drawing or coloring abstract art</li> <li>-Hugging a pillow</li> <li>-Sour or cinnamon candy</li> </ul>
Movement	Expend the excess adrenaline and energy	<ul style="list-style-type: none"> <li>-Take a walk</li> <li>-Workout moves like jumping jacks</li> <li>Stretch</li> <li>-Dance</li> <li>-Shake it out</li> <li>-Yoga</li> <li>-Take a lap</li> <li>- Let the student rip paper</li> <li>-Punch a pillow or punching bag</li> </ul>
Rest	Rest until breathing starts to slow down and the student can answer simple questions	<ul style="list-style-type: none"> <li>-meditate</li> <li>-flip through a book</li> <li>-Sit in a quiet place</li> <li>- Jornal</li> </ul>
Reflect	Ask some questions with a curious and empathetic tone, give	<p>Ask:</p> <p><i>What happened? What is happening?</i></p>

	<p>extra wait time and slow down</p> <p>Offer different modalities, such as both writing and speaking</p>	<p><i>What are you feeling?</i></p> <p><i>What are you thinking?</i></p> <p><i>What is the hardest thing for you?</i></p> <p><i>What is the best thing for you?</i></p> <p><i>What do we need to move forward?</i></p>
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Important tips
<p>Ask for consent before entering personal space</p> <p>Give extra personal space</p> <p>Let student find a space that feels safe -i.e. - hide or back against the wall</p> <p>Model coping mechanisms</p> <p>Sit beside the person and face the world together</p> <p>Give lots of wait time when asking questions</p> <p>Ask one question at a time</p> <p>Don't expect a lot of complex language skills</p>