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| ISBN                    | 1-68373-276-6   |
| Descrizione fisica      | 1 online resource (109 pages)   |
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| Livello bibliografico   | Monografia  |
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| Nota di contenuto       | Cover -- Copyright -- Table of Contents -- About the Author -- Introduction -- Part 1: Understanding Trauma and Its Impact on Students -- 1. Childhood Trauma Forms Cracks in the Foundation -- What Is an Emotional Foundation and Why Is It Important? -- Teacher Worksheet: Current Self-Regulation Strategies -- What Causes Cracks in the Emotional Foundation? -- Teacher Worksheet: What are the Potential Effects of Three ACEs -- 2. Withstanding the Elements During a Storm -- Wired for Fear -- Teacher Worksheet: What Stress Response (s) Does the Student Experience? -- Student Worksheet: My Body's Response to Stress -- 3. Rebuilding the Structure with New Tools, Skills, and Experiences -- Neuroplasticity -- The Importance of Developing Intrinsic Motivation -- Teacher Worksheet: Fostering Intrinsic Motivation -- Trauma-Compassionate Responses to Challenging Behavior -- Teacher Worksheet: Crisis Plan -- Part 2: Compassionate Classrooms Are Conducive to Healing -- 4. Building a Solid Structure with a Collaborative Classroom -- Your Mindset Determines Your Response -- Collaborative Versus Punitive Discipline -- Strengths-Based Versus Problem-Focused -- Student Worksheet: Mindful Communication -- Restorative Practices -- Teacher Worksheet: Today's Morning Meeting -- What Does a Collaborative Classroom Look Like? -- Teacher Worksheet: Qualities of a Collaborative Classroom -- 5. Connection Is the Cement That Builds Sturdy Walls -- Strategies for |

Forming a Positive Relationship -- Student Worksheet: My Favorite Teacher EVER -- Student Worksheet: Getting to Know You Survey -- Student Worksheet: Interest Survey -- Teacher and Student Worksheet: Relationship Plan -- Connecting with the Family -- Teacher Worksheet: Six Questions to Ask During Home Visits -- Caregiver Worksheet: Home/School Collaboration Tool -- 6. Triggers Are Windows to See Beyond the Behavior. Teacher Worksheet: Identifying Triggers -- Teacher Worksheet: Trigger Inventory -- Teacher Worksheet: Improving Behavior by Planning for Triggers -- Part 3: Encouraging Personal Growth and a Positive Vision for the Future -- 7. Resilience Is the Insurance Policy for Future Storms -- Showcase Gifts and Talents -- Teacher, Caregiver, or Student Worksheet: Neurodiversity Strengths -- Teacher Worksheet: Action Plan for Showcasing Strengths -- Teaching the Practice of Gratitude -- 8. Instilling Hope Is the Promise of Unlimited Potential -- Strategies for Instilling Hope -- 9. Activities That Pave the Road to Success -- Student Worksheet: Noticing My Breath -- Student Activity: A Radical Act of Kindness -- Student Worksheet: Labeling Feelings -- Student Activity: Feeling Your Strong Feelings -- Student Activity: Compassion for Yourself -- Student Worksheet: My Personal Calming Strategies -- Empowerment Through Self-Soothing -- Student Worksheet: My Personal Mantras -- 10. Final Thoughts -- Recommended Resources -- References.

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#### Sommario/riassunto

Mental health expert Jennifer Bashant details how using a trauma-informed approach will greatly reduce, even eliminate, challenging behavior in your classroom.

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