

## 20 Trauma-Informed Videos

### So What:

[How Childhood Trauma Affects Health Over a Lifetime](#)

[Love Them First: Lessons from Lucey Laney Elementary](#) 1 hour 28 minutes

### Now What:

[Getting Started with Trauma Informed Practices](#): Mindset, relationships, trust and good for all kids.  
3:47

[Teaching Self-Regulation by Modeling](#): Self-evaluation and naming emotions. 3:14

[Demonstrating Self-Regulation with Tone of Voice](#): Calm, neutral, assertive voice. 2:17

[Getting Ready to Learn Through Mindfulness](#): Transitions, breathing, choices, slowing down.

[Fostering Belonging in Classroom Norms](#): Children created norms, common language, ownership.

[Creating a Calm Learning Environment](#): Calmness, classroom setup, routines, physical needs. 4:10

[Building a Belonging Classroom](#): Creating a classroom where teachers know students and students know each other. 4:17

[Trauma Informed Breathing](#): Simple breathing to calm. 5:00

[Making Sure Each Child is Known](#): Being purposeful in knowing every child in the school. A good PD day to replicate this.

[The Calm Room: One School's Radical Plan to Combat Childhood Trauma](#): 8:17

[The Power of Relationships in School:](#) 3:40

[Relationship Building: Getting to Know Your Students:](#) Strategies to help educators to build relationships with students. 3:18

[Teacher Tips: Building Relationships With Your Students:](#) Elementary educator gives tips and advice. 3:34

[Restorative Circles: Creating a Safe Place for Students to Reflect](#)

[Restorative Justice at Oakland's Fremont High:](#) 6:21

[Using Dialogue Circles to Support Classroom Management:](#) 4:04

[A Restorative Approach to Discipline:](#) Really good!

[Check-in, Check-out- Providing a Daily Support System for Students:](#) Selected students meet with a specific staff member to check in on daily goals. 3:44

[Peace Corner- Creating Safe Space for Reflection:](#) An elementary school implements a peace corner in every classroom to help kids who just need a break for a variety of reasons. 2:39

[Five Unhelpful Responses We have to Escalated Kids and Adults:](#) Presenter works with kids with FASD, but techniques apply to school and home. 7:41