



Responding To Trauma – A Nested Model

Take 5 Series

Students are at our center.

Staff nests students.

Leaders nest staff.

Communities nest leaders.



Notice what you need, to be nested and to nest – seek support when you need it. The Maine DOE, Office of School and Student Supports, is here to support with resources

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<p>Maintaining Regulation: For Adults</p>	<p>Audio Files With Guided Practice Created By MDOE</p> <ul style="list-style-type: none"> • Mindful Inquiry • Mindful Body Scan • Mindful Loving Kindness Practice • Riding The Wave
<p>Resources For Student Activities</p>	<p>Downloadable Resources That Can Be Used With Students</p> <p>Resources From Scholastic</p> <p>PDF Of What's In My News – For Teacher Use With Students Created By MDOE</p> <p>What's In My News – From Sara K. Ahmed – Being The Change</p>
<p>Guidance On Talking To Children About Violence</p>	<p>Talking to Children About Violence - National Association of School Psychologists</p>
<p>Structures For Classroom Conversations</p>	<p>Learning For Justice - A Care Plan For Honest and Difficult Conversations</p>

	<p>Teaching About Controversial or Difficult Issues - Morningside Center</p> <p>Collaborative Problem-Solving For Equity & Justice - A 6 Step Model - Paul Gorski</p> <p>Liberate-ED SEL</p>
Resources To Understand How Trauma Impacts Us	<p>Professional Learning Module Created By MDOE (1 hour)</p> <p>**UPDATED FOR 2022: Trauma-Informed Readiness and Response Workshop Brain 101</p>
Shifting The Focus	<p>PowerPoint Slides Created By MDOE On The Benefits Of Curiosity & Co-Regulation</p> <p>Curiosity & Co-Regulation In The Classroom (MSMA 10-28-22)</p>
Resources For Educators Linked On MDOE Website	<p>Supporting Our Schools Modules for Staff Support</p> <p>Psychological First Aid for Schools (PFA-S) Field Operations Guide</p> <p>Helping Youth after Community Trauma: Tips for Educators</p> <p>Providing Psychological First Aid: Teachers</p>
On Race, Racism & Police Violence	<p>Article From Learning For Justice</p> <p>Discussing Race, Racism and Police Violence – Learning For Justice</p>
The Photography Created By Tyre (Tyree) Nichols	<p>A resource to support humanizing Mr. Nichols, the 29 year old father of a four year old. Focusing on his humanity matters.</p> <p>Website of Tyre Nichols - Photography</p>