

## Training to understand how trauma impacts learning.

Teachers will learn about the neuroscience of unconscious reactions and how to enable students to respond to new information and experiences so they are open hearted, curious learners.

- understand trauma and stress in relationship to learning
- why you are important, relationship is KEY
- know how to down regulate from stress
- have simple language to help students understand the stress response
- regulation techniques that work in 20 sec



All children are born  
creative divergent geniuses,  
lets keep them this way.

*"I just wanted to thank you for the training last night. I can honestly say several members of staff including me felt it was the best training we have had and gave us a lot to think about"*

*Helen Castell, Head Teacher, Writtle Infants School*

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## Create a learning environment that enables children to **BE** so that they can Shine.

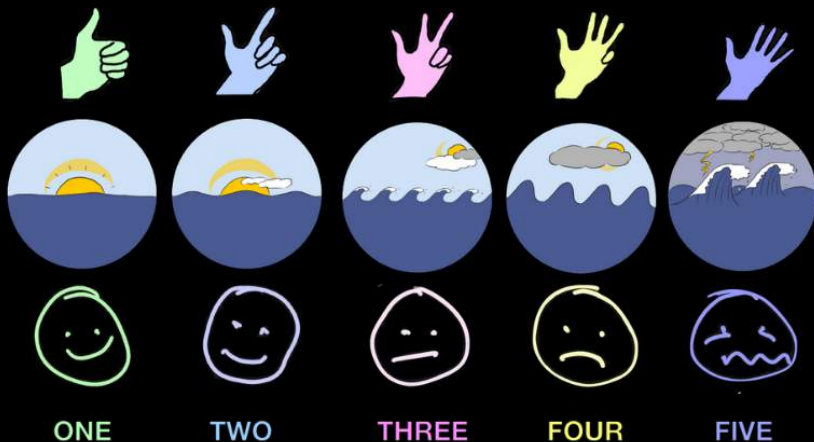
### 1-5 HOW ARE YOU FEELING? SCALE

Award winning whole school communication system 1-5 how are you feeling scale with the Reconnection Regulation strategies.

Developed to support ease of communication, we have a hand and fingers that we can communicate non verbally - key for neuro diverse students,

- helps identify feelings, name it to tame it
- simple & universal, inclusive
- regulation through witnessing and sharing
- creates consistency home and at school
- regulation through witnessing and sharing
- understanding yours and others feelings
- knowing how to down regulate from big feelings

### HOW ARE YOU FEELING... 1-5 SCALE



*We have had the highest increase in feelings of wellbeing and confidence we have ever recorded" **Joanne Wheway Waikino NZ***

## Life Skills for Mental Health and Well-being; A Whole School Community Approach

Our Mental Health and Well-being plan is for  
everyone from year one to year 13

**1-5 how are you feeling scale** - posters and work sheets daily with weekly gingerbread men drawings for more comprehensive expression and understanding of feelings (School and Home).

**Reconnection poster** Self regulation posters and work sheets (School and Home).

**WHATPONU** What happens at the point of not understanding our world leading programme that uses the latest neuroscience to help children and parents understand what happens in our body, minds and brains when we are learning new things and having new experiences. Learning how to be open hearted curious learners (School and Home).

**Delivery** in School online with teacher facilitating Home : videos home, question prompts in class joining in. We invite parents in to learn or they can have catch up videos for the lessons sent home via the schools preferred medium.

**Staff wellbeing** 15mins every 6 weeks. (School) if parents want something as well we can do the same with them.



## 6 YEAR PLAN

Parents/carer's · Children · Teachers/ Leadership

Developed initially to undo the negative internalisation of 'I am stupid' that occurs for too many children. Undoes perfectionism by normalise learning and uncomfortable feelings.

- ignites connection to innate genius
- understanding fear and its impact on learning
- knowing how to down regulate from stress
- Reactions to Responding
- Understand patterns of unhelpful behaviours
- Practising responding

*We have had the highest increase in feelings of wellbeing and confidence we have ever recorded"*

**Joanne Wheway Waikino NZ**



## Staff wellbeing 15min regular slot

Really put your staffs wellbeing on the map at school by giving them this regular slot to practise, reflect, provided via zoom you can tag onto the start or end of a staff meeting.

- connective tissue the queen of feeling good
- sitting yoga
- power of walking
- nutrition magic
- identify how mirco habits really shift the macro
- tips for sleep well

*I added one thing to my day, drink more water in the morning and it changed everthing. I no longer had headaches or felt tired. It was a game changer.*

***Sarah Y6 teacher , Thorpehall Primary UK***

"It is OK to make a mistake it is just my brain growing" Year 2 child

**Enables children to stay open hearted curious learners .**



## What Happens at the Point of Not Understanding

The neuroscience of learning and responding made simple

Taken from our world leading programme the Life Skills for Mental Health and Wellbeing. This workshop takes the latest neuroscience to teachers so they understand what happens in our body, minds and brains when we are learning new things and having new experiences.

Teachers will leave knowing about the basics of what is really going on underneath the negative behaviour we so often see in schools in relationship to learning ie what happens at that moment the point when you don't understand something.

- Alarm system deescalation and calm system activation
- Recognise reactions and the triggers then know how to respond
- Will have key strategies on how to support students to stay engaged in learning
- Know their way around the key brain areas involved in effective learning
- Have the language to create a culture in the school that fosters explicit understanding of how you learn

*That is the best staff training I have had, it was so practical and combined trauma and regulation so that I could see how it would work in the school setting. Simple and effective.*

**Leah Deputy Head, Priory Western Primary UK**

*What is felt and  
expressed can be let go of,  
so you are free to live in  
the now*



## Dealing with Stress & Anxiety in Uncertain Times

### Same Sea Different Boats A Creative Therapeutic Project

Developed initially for the pandemic this project can be used for any event or as a way to check in with where everyone is at. To express safely, in a contained manner to enable healing.

- identify feelings
- making different boats to represent different feelings
- regulation through witnessing and sharing
- understanding fear and its impact on thoughts
- knowing how to down regulate from stress
- unite the community in collective art piece



## Staff Supervision

Staff supervision with an emphasis on understanding behaviour from trauma and unmet needs.

- practical workshop experience
- safe, contained professional space
- sharing experience
- understanding attachment and trauma on learning
- builds depth of understanding of self and other
- Group work which builds the team

*Create the conditions for  
staff to blossom...*

*... then everyone thrives*



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## Staff wellbeing

You would never stop giving a baby water so that it would not need the toilet – yet teachers do this every day. Wellbeing for staff is super important as we know stress is contagious to pupils and stress stops effective learning. Taking care of our teachers heart, body, mind will be the greatest investment in the children's education.

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