

# Building a Trauma-Informed Compassionate Classroom

Strategies & Activities to Reduce Challenging  
Behavior, Improve Learning Outcomes,  
and Increase Student Engagement

a b c



Jennifer L. Bashant, PhD, LMSW

# Compassionate Classroom

**Patricia A. Jennings**



## **Compassionate Classroom:**

The Compassionate Classroom Sura Hart, Victoria Kindle Hodson, 2004-09-01 The Compassionate Classroom is a long awaited how to guide for educators who care about creating a safe productive learning environment With 45 years combined teaching experience Sura Hart and Victoria Kindle Hodson merge recent discoveries in brain research with the proven skills of Nonviolent Communication and come to a bold conclusion when compassion thrives so does learning Learn powerful skills to create an emotionally safe learning environment where academic excellence thrives Build trust reduce conflict improve cooperation and maximize the potential of each student as you create relationship centered classrooms This how to guide is perfect for any educator homeschool parent administrator or mentor Customizable exercises activities charts and cutouts make it easy for educators to create lesson plans for a day a week or an entire school year The Compassionate Classroom is the first complete curriculum for teaching NVC to elementary age students

**Creating Compassionate Classrooms: Understanding the Continuum of Disabilities and Effective Educational Interventions** Nicholas D. Young, Angela C. Fain, Teresa Allissa Citro, 2019-08-02 Throughout the chapters of this book the reader will be introduced to the thirteen disability categories included in IDEA specific learning disabilities emotional behavioral disorders autism other health impaired intellectually disabled multiple disabilities speech or language impairments traumatic brain injury hearing impairment deaf blind deafness visual impairment and orthopedic impairment using the legally established definitions Lengthy descriptions of best practices modifications and accommodations follow offering a complete picture of each disability and how educators and parents collaboratively can assist the struggling student To set the stage the book begins with chapters that discuss special education in general response to intervention as an intermediary step in the academic continuum of support and the individualized education plan process Subsequent chapters examine each of the thirteen aforementioned IDEA disability categories which have not been commonly incorporated into one comprehensive resource however for the sake of brevity some disability categories have been combined when doing so did not impact practice implications Emphasis is placed on effective classroom strategies and interventions associated with each disability category with the intent of providing practitioners and those who support them with the information and tools necessary to support students with identified educational needs To the extent possible the primary authors sought to ensure this resource was practical and user friendly for educators who work directly with students with the range of recognized disabilities This book demystifies the special education process and disability categories as well as offers educators and their families the tools to help our students who have one or more disabilities find life long success Ensuring the best for our students with disabilities requires that we first acknowledge and support the hard work and deep commitment of those professionals and parents guardians who devote their lives to teaching reaching mentoring and advocating for those most vulnerable in our classrooms

**The Compassionate Classroom** Sura Hart, Victoria Kindle Hodson, 2003 *Building a Trauma-Informed,*

*Compassionate Classroom: Strategies & Activities to Reduce Challenging Behavior, Improve Learning Outcomes, and Increase S* Jennifer Bashant,2020-10-16 Meeting your students social and emotional needs in the classroom is foundational to effective learning It s a difficult job among typical learners let alone with students who have a trauma history and more demanding mental health or behavioral challenges Mental health expert Jennifer Bashant details how using a trauma informed approach will greatly reduce even eliminate challenging behavior in your classroom Using her practical easy to use strategies based on the latest research every educator can create a classroom where all students feel welcomed supported and ready to learn Understand the impact of trauma on learning and behavior Tools to connect with all students and foster intrinsic motivation Learn how to move away from points and stickers Strategies to build resilience and instill hope in your students 27 downloadable worksheets and exercises

**The Compassionate Classroom** Jane Dalton,Lyn Fairchild,2004 Inspirational guifebook packed with activities to support and create a classroom community of empathy reverence self awareness mindfulness and creativity

*Paws in the Classroom: Harnessing Animal-Assisted Learning for Student Success* S Williams,2025-04-13 Discover how the power of human animal interactions can transform education This groundbreaking book dives deep into the world of animal assisted learning exploring its potential to enhance student mental health boost classroom engagement and foster cognitive development across all educational levels from K 12 students to college learners and participants in special education programs Through a blend of scientific insights and practical strategies this resource uncovers the biological mechanisms behind these benefits such as oxytocin release stress reduction and improved social emotional learning It also addresses real world challenges like allergies fear of animals funding shortages and logistical concerns offering actionable solutions to ensure equitable access to compassionate animal informed teaching methods From therapy animals and service dogs to cutting edge innovations like virtual therapy animals and AI driven behavioral analysis this book highlights emerging trends that are reshaping modern classrooms At the same time it navigates critical debates on animal welfare ethical use of animals and legal frameworks governing their involvement in schools Grounded in both empirical evidence and universal values this work provides educators with step by step guidance on safely integrating animals into diverse educational models while upholding principles of fairness inclusivity and respect Whether you re looking to reduce student anxiety build trust in your classroom or design programs rooted in Kantian ethics this book offers a visionary roadmap toward creating compassionate classrooms where every learner thrives Explore the future of education today where science meets empathy and animals become partners in unlocking student success

Teaching for Purpose Heather Malin,2021-03-09 In *Teaching for Purpose* Heather Malin explores the idea of purpose as the purpose of education and shows how educators can prepare youth to live intentional fulfilling lives The book highlights the important role that purpose defined as a future directed goal that is personally meaningful and aimed at contributing to something larger than the self plays in optimal youth development and in motivating students to promote the cognitive and noncognitive skills that

teachers want to instill Based on a decade of research conducted at the Stanford University Center on Adolescence the book explores how educators and schools can promote purpose through attention to school culture curriculum project learning service learning and other opportunities Malin argues for expansive thinking on the direction schools should take especially in terms of educating students to be creative innovative and self directed critical thinkers The book includes profiles of six organizations working in schools across the US that have made purpose development a priority Infused with the engaging voices of purposeful youth Teaching for Purpose offers a fresh inspirational guide for educators who are looking for new ways to support students to succeed not only in school but in life

The Intersections of Critical Pedagogy, Critical Literacy, and Social Justice Katharine Covino, Cara Mulcahy, 2024-01-22 Critical literacy research has highlighted the complexities associated with integrating critical literacy theory with classroom practice recognizing the intersection between critical literacy and culturally sustaining pedagogies and the resistance faced by educators as they create spaces for courageous conversations critical engagement with text and progressive text creation Although the complexities of moving from theory to practice are more understood than they previously were how educators navigate the inherent tensions of fostering and sustaining a critical practice is less clear This volume defines educator as a PreK 12 classroom teacher or as a teacher educator whose work is predominantly associated with university based teacher education Their roles and responsibilities are diverse Through an unpacking of the curricula courses programs and professional learning spaces in which educators operate this edited volume seeks to answer these questions How do educators develop a critical practice of their own How do educators navigate areas of resistance How do educators sustain their practice in the face of resistance How do educators address concerns of parents colleagues administrators and stakeholders How do educators link social justice issues to critical literacy critical pedagogy

*Life-enriching Education* Marshall B. Rosenberg, 2003 When Students Love to Learn and Teachers Love to Teach In this revolutionary book Marshall Rosenberg empowers educators to transform schools into life serving learning rich environments that maximize the potential of each student Filled with insight adaptable exercises and role plays Life Enriching Education gives educators practical skills to generate mutually respectful classroom relationships Discover how our language and organizational structures directly impact student potential trust self esteem and student enjoyment in their learning Rediscover the joy of teaching in a classroom where each person's needs are respected Learn Practical Skills to Maximize student potential Strengthen your classroom community Resolve and prevent conflicts peacefully Improve the quality of classroom and school relationships

*Respectful Parents, Respectful Kids* Sura Hart, Victoria Kindle Hodson, 2006-10-28 More than a tool to correct bad behavior this handbook urges parents to move beyond typical discipline techniques by creating an environment based on mutual respect emotional safety and positive open communication The seven outlined principles redefine the parent dominated family by teaching parents how to achieve mutual parent child respect without being submissive set firm limits without using demands or coercion and empower children to open up

cooperate and realize their own innate potential Based on Marshall Rosenberg s Nonviolent Communication process the framework helps parents break down the barriers to outstanding relationships with their kids by avoiding destructive language and habits that keep parents and children from understanding one another Activities stories and resources help parents immediately apply the seven keys to any parenting situation

**Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement** Christine Mason,Jeffrey Donald,Krishna Kaur Khalsa,Michele M. Rivers Murphy,Valerie Brown,2021-11-17 In chaotic times a deep breath can bring calm to your classroom As the pandemic recedes and the world gradually returns to normal it s more important than ever to make your classroom a place that supports mental health and improves overall wellness With this practical research based guide you ll incorporate age and grade appropriate meditation breathing mindfulness and secular yoga activities into your teaching in ways that work for in person as well as virtual and hybrid settings Features include Adaptations for special populations including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self care for teachers and school staff Data from successfully implemented programs Dozens of illustrations QR codes and reflective questions

**Creating Kind and Compassionate Kids** Deborah S. Delisle,James Delisle,2021-09-03 Creating Kind and Compassionate Kids offers lessons and activities that promote problem solving and social emotional learning allowing students in grades 3 6 to become more aware of themselves and others who share their world Each lesson Addresses both cognitive and affective skills enhancing students appreciation of themselves and others Encourages students to think creatively and critically Teaches vital affective skills such as empathy tolerance compassion communication and leadership Includes one or more samples of student work to guide students responses Has been tested by teachers in multiple classrooms with students of all ability levels With its focus on relevant lasting learning experiences that encourage social and emotional growth Creating Kind and Compassionate Kids is a resource that teachers will turn to again and again Grades 3 6

Nonviolent Communication Marshall B. Rosenberg,2003 Clinical psychologist Marshall B Rosenberg offers an enlightening look at how peaceful communication can create compassionate connections with family friends and other acquaintances

Compassionate Classroom Approaches and Effective Instructional Strategies for Students who are Highly Mobile and Homeless Molly K. Eldredge,2005

*Hacking School Culture* Angela Stockman,Ellen Feig Gray,2018-05-05 HACKING SCHOOL CULTURE Bullying prevention and character building programs are deepening our awareness of how today s kids struggle and how we might help but many agree They aren t enough to create school cultures where students and staff flourish This inspired Angela Stockman and Ellen Feig Gray to begin seeking out systems and educators who were getting things right Read it today fix it tomorrow Their experiences taught them that the real game changers are using a human centered approach Inspired by other design thinkers many teachers are creating learning environments where seeking a greater understanding of themselves and others is the highest standard They re also realizing that compassion is

best cultivated in the classroom not the boardroom or the auditorium It s here that we learn how to pull one another close It s here that we begin to negotiate the distances between us too Ready to begin but uncertain how Here s what you ll find inside Protocols that inspire strengths focused teaching and learning Tools for starting hard conversations coaching critical questioning and sustaining respectful communication Experiential learning models that improve school culture Approaches that encourage activism while enabling people to resolve conflicts peacefully Design thinking strategies that empower human centered decision making Compassionate classrooms are built one learner at a time Be that learner It s time *Classroom Management* Paul R. Burden,2020-04-09

**ENABLES K 12 EDUCATORS TO CREATE SUCCESSFUL LEARNING COMMUNITIES THE FULLY UPDATED NEW EDITION** Effective classroom management plans are essential for creating environments that foster appropriate social interactions and engaged learning for students in K 12 settings New and early career teachers often face difficulties addressing student discipline upholding classroom rules and procedures and establishing positive teacher student relationships The seventh edition of *Classroom Management* is the leading resource for helping educators prevent student misbehavior respond to challenging situations and involve their students in building positive classroom communities This popular textbook covers every vital aspect of classroom management from planning for the school year and conducting instruction to managing diverse classrooms and collaborating with colleagues and families Fully revised to reflect recent changes in K 12 education and address the needs of today s educators this edition features new and updated methods for fostering positive student behavior insights on the root causes of misbehavior strategies for helping students set high expectations and much more Written by a respected expert in teaching methods classroom management and instructional leadership this valuable teacher s reference Covers contemporary topics methods and discipline models in classroom management Reflects current InTASC Model Core Teaching Standards and Praxis assessments Features descriptions of classroom management methods used by elementary middle and high school teachers in various regions and communities Provides new and unique stories and case studies of real world classroom situations Offers end of chapter summaries and questions supplemental activities further reading suggestions and complete references Includes new tables charts and figures that make information more accessible to different types of learners *Classroom Management Creating a Successful K 12 Learning Community Seventh Edition* is an ideal text for college professors teachers in training and K 12 educators as well as school administrators and general readers involved in education **A Compassionate Vision for Elementary Social Studies** Thomas A. Lucey,2021-12-29 This text offers readers a holistic view of elementary social studies that instills compassion for all classroom voices and for those outside the classroom This approach provides a social studies perspective that enables readers to articulate apply and defend engaging learning experiences that value each student A revision of the original textbook by John Hoge and contributions by Laura E Pinto the work presents a comprehensive view of social studies that encourages reader awareness of and appreciation for their emotional and social identities By being

comfortable with themselves and their biases readers may better appreciate the different perspectives of social studies content and better facilitating learning experiences that value the voices of all students

**The Trauma-Sensitive Classroom** Patricia A. Jennings, 2018-11-13 Selected as a Favorite Book for Educators in 2018 by Greater Good From the author of *Mindfulness for Teachers* a guide to supporting trauma exposed students Fully half the students in U S schools have experienced trauma violence or chronic stress In the face of this epidemic it falls increasingly to teachers to provide the adult support these students need to function in school But most educators have received little training to prepare them for this role In her new book Tish Jennings an internationally recognized leader in the field of social and emotional learning shares research and experiential knowledge about the practices that support students healing build their resilience and foster compassion in the classroom In Part I Jennings describes the effects of trauma on body and mind and how to recognize them in students behavior In Part II she introduces the trauma sensitive practices she has implemented in her work with schools And in Part III she connects the dots between mindfulness compassion and resilience Each chapter contains easy to use practical activities to hone the skills needed to create a compassionate learning environment *The Classroom Teacher* Milo Burdette Hillegas, Thomas Henry Briggs, 1927

**The Supportive Classroom** Laura Anderson, Jon Bowen, 2020-07-28 Build a mindful trauma aware classroom today with this practical easy to use book Designed specifically for busy teachers it is full of strategies and tools for understanding trauma and building empathy One in four children have witnessed or experienced a traumatic event that can affect behavior and learning But school can be a safe stress free environment that can actually reduce bad behavior foster resilience and heal trauma The Supportive Classroom shows teachers and educators how they can provide the different types of trauma aware support that each student needs Written by two experienced school psychologists The Supportive Classroom offers an easy to understand overview of trauma empathy and self care paired with proactive and reactive tools that can be implemented in the classroom right away These practical ideas include Suggestions for classroom setup Proactive behavioral supports Checklists for identifying triggers Examples of trauma aware support from real life students and teachers Strategies for recognizing trauma exposure Every teacher brings their own unique culture style and passion into the classroom This book offers a blueprint for creating a safe welcoming classroom based in trauma sensitive practice that can be adapted to your unique classroom

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