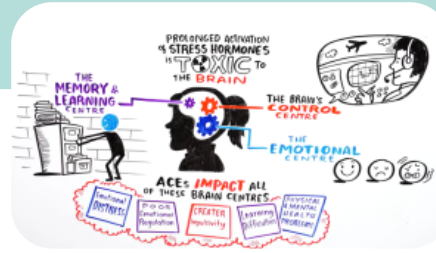


Repair ~ Restore



There's really only one **DON'T**
Let's not punish kids for behaviors that are trauma symptoms.

Second Step

Curriculum to Specifically Teach the SKILLS
Done over years with targeted progression to meet developmental learning levels!

Toucan Problem Solver

Teacher Box

Date: _____ Time: _____

Name: _____

What happened?

My Brain said:

My Body did:

Now! My heart feels:

My actions bothered/hurt: (circle)

Myself	My Classmates	An Adult	School Property

How are you going to fix it?

Apology	Clean up	Refocus Break	Other

I am ready to **Be A Learner!** Yes No



Problem Solving Process

Your Name: _____ Your Grade/Teacher: _____ Today's Date: _____

My Side of the Story

Please use this form to tell your side of the story.

Draw a picture or write out what happened:

What was the Problem?

When did this happen?

Where did this happen?
@ School / @ Home

My Issues / Friends Issue

Circle how you feel About this situation?

Take a moment to Breathe and ReThink!

Any ideas why you feel this way?

Take a Break

Check in on how you feel about the problem.....

Share possible solutions a person could do?
(Ex: Tell the teacher / Talk to counselor)

What are possible outcomes from the solution?
(Ex: Teacher calls home - they get in trouble)

THINK of possible Solutions & EXPLORE the Outcomes

Share which solution you want to try:

Pick a Solution

Teacher Use only

Documentation (if needed)

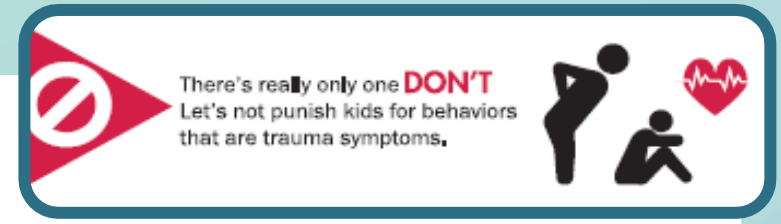
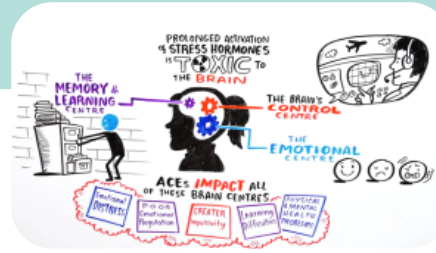
Entered in TAC? _____

Parent Contacted? _____

Notes: _____

Repair ~ Restore

The Blueprint (RULER)



Strategy

Healing Focused strategy designed to guide students through an Effective problem-solving process

Toucan Problem Solver

Teacher Box
Date: _____ Time: _____

Name: _____

What happened?

My Brain said:

My Body did:

Now! My heart feels:

My actions bothered/hurt: (circle)

Myself	My Classmates	An Adult	School Property

How are you going to fix it?

Apology	Clean up	Refocus Break	Other

I am ready to **Be A Learner!** Yes No

BLUEPRINT QUESTIONS
TO USE IN A BLUEPRINT CONFERENCE

RULER

- What happened?
- How did you feel? (Recognizing/Labeling)
What caused these feelings? (Understanding)
- How did you express and handle these feelings? (Expressing/Regulating)

REFLECT

- How might your actions have affected others?

RESTORE

- How do you feel now? What will help you move forward?
- What will you do now?

Problem Solving Process

Your Name: _____ Your Grade/Teacher: _____ / _____ Today's Date: _____

My Side of the Story
Please use this form to tell your side of the story.

Draw a picture or write out what happened:

Write out or draw a picture of what happened: _____

When did this happen? _____

Where did this happen?
@ School / @ Home

My Issues / Friends Issue

Circle how you feel About this situation?

Angry / Mad	Embarrassed / Ashamed
Frustrated	Nervous
Worried	Scared
Sad	Calm / Relaxed
Tired	Safe
Bored	Comfortable
Sick	Thankful

Take a moment to Breathe and ReThink!

Any ideas why you feel this way? _____

Take a Break

Check in on how you feel about the problem.....

THINK of possible Solutions & EXPLORE the Outcomes

Share possible solutions a person could do?
(Ex: Tell the teacher / Talk to counselor)

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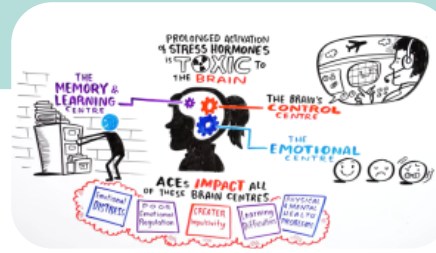
Share which solution you want to try:

Pick a Solution

Teacher Use only

Documentation (if needed) Entered in TAC? _____
Parent Contacted? _____
Notes: _____

Repair ~ Restore



The Blueprint (RULER)

BLUEPRINT QUESTIONS
TO USE IN A BLUEPRINT CONFERENCE

- 1 What happened?

RULER

- 2 How did you feel? (*Recognizing/Labeling*)
What caused these feelings? (*Understanding*)
- 3 How did you express and handle these feelings? (*Expressing/Regulating*)

REFLECT

- 4 How might your actions have affected others?

RESTORE

- 5 How do you feel now? What will help you move forward?
- 6 What will you do now?

Restorative Practices

Restorative Questions

RESPONDING TO CHALLENGING BEHAVIOUR

- What happened?
- What were you thinking about at the time?
- What have your thoughts been since?
- Who has been affected by what you did?
- In what way have they been affected?
- What do you think needs to happen next?

RESPONDING TO THOSE HARMED

- What happened?
- What were your thoughts at the time?
- What have your thoughts been since?
- How has this affected you and others?
- What has been the hardest thing for you?
- What do you think needs to happen next?

Personal Action

1-2 things you can shift next year to ENSURE we repair after times of confusion, frustration, or hurt.....

Summary

DOs AND DON'Ts OF A TRAUMA-INFORMED COMPASSIONATE CLASSROOM

- 1 CREATE A SAFE SPACE**
Consider not only physical safety but the children's emotional safety as well.
- 2 ESTABLISH PREDICTABILITY**
Write out a schedule and prepare children for transitions. It helps create a sense of security and safety.
- 3 BUILD A SENSE OF TRUST**
Follow through with your promises and in situations where changes are unavoidable be transparent with your explanations.
- 4 OFFER CHOICES**
Empower students and offer "power with" rather than "power over" strategies.
- 5 STAY REGULATED**
Help your students (and yourself!) stay in the Resiliency Zone" to promote optimum learning. Have regulation tools ready to help students bumped out of the zone into either hyperarousal (angry, nervous, panicky) or hypoarousal (numb, depressed, fatigued).

There's really only one **DON'T**
Let's not punish kids for behaviors that are trauma symptoms.

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Second Step

Curriculum to Specifically Teach the SKILLS

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

P Pick the best solution make your plan

The Blueprint (RULER)

Strategy

BLUEPRINT QUESTIONS TO USE IN A BLUEPRINT CONFERENCE

- 1 What happened?

RULER

- 2 How did you feel? (Recognizing/Labeling)
- 3 How did you express and handle these feelings? (Expressing/Regulating)

REFLECT

- 4 How might your actions have affected others?

RESTORE

- 5 How do you feel now? What will help you move forward?
- 6 What will you do now?

Toucan Problem Solver

Date: _____ Time: _____

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Think of possible solutions & EXPLORE the Outcomes

Share which solution you want to try:

Pick a Solution _____

Teacher Use only

Documentation (if needed): _____

Entered in TAG? _____

Parent Contacted? _____

Notes: _____