Consider underlying causes of behavior. For example, when faced with defiance, instead of thinking “What is wrong with this child?” ask yourself: “What happened to this student? And how can I help?”

What school staff can do:

1. Use Everyday Gestures to build relationships and promote healing.
   - **CELEBRATE**
     "I am proud of your hard work studying for the exam, Celinda."
   - **COMFORT**
     "You seem different today. Remember that I care about you and I am here for you."
   - **INSPIRE**
     "I've heard so many great ideas today!"
   - **COLLABORATE**
     "I see you’re stuck. Tell me what you have tried and I will listen for ways I can help."
   - **LISTEN**
     "Tell me more about how you’re feeling."

Your own wellness is an essential resource for success. Trauma-informed educators can ensure that they are prepared to best support students by modeling resiliency:

- Stay calm in unpleasant situations
- Ask for help
- Strengthen supporting relationships
- Accept mistakes as opportunities to learn
- Apologize for missteps, even when no harm was intended.

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Discover more about the Changing Minds everyday gestures, science of childhood trauma, and the power of a caring, consistent adult at: ChangingMindsNow.org