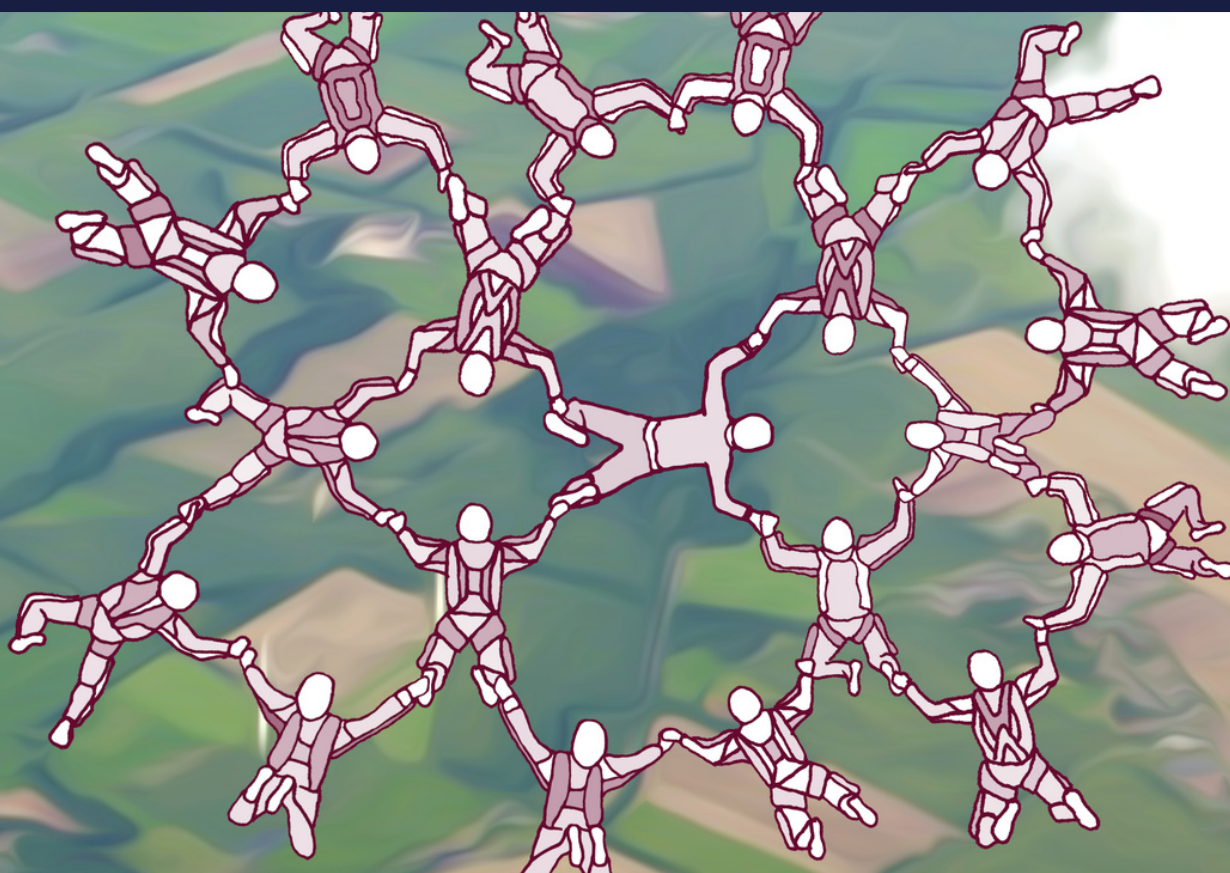


BECOMING A TRAUMA SENSITIVE SCHOOL

As recommended to us by pupils, teachers,
parents, carers and mental health professionals.

RESOURCE BANK



Email your recommendations to media@beaconhouse.org.uk

BOOKS

The Trauma and Attachment-Aware Classroom: A Practical Guide to Supporting Children Who Have Encountered Trauma and Adverse Childhood Experiences
Rebecca Brooks

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative Techniques and Activities (Therapeutic Treasures Collection).
Dr Karen Triesman

Becoming an Adoption-Friendly School: A Whole-School Resource for Supporting Children Who Have Experienced Trauma or Loss - With Complementary Downloadable Material.
Emma Gore Langton & Katherine Boy

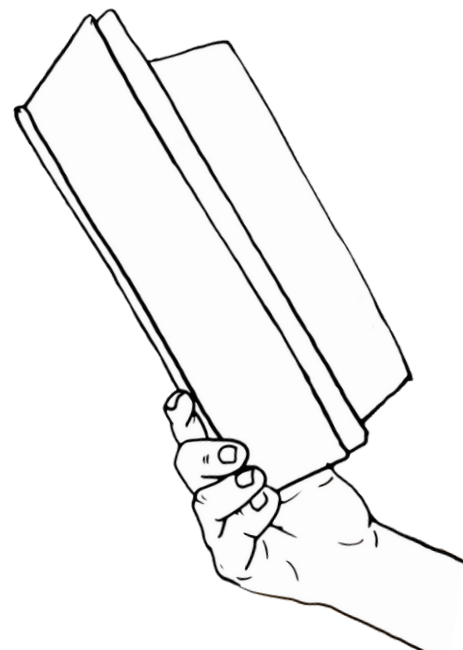
Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools.
Louise Bomber

Settling Troubled Pupils to Learn: Why Relationships Matter in School.
Louise Bomber & Dan Hughes

What About Me?: Inclusive Strategies to Support Pupils with Attachment Difficulties Make it Through the School Day.
Louise Bomber

Attachment in the Classroom: The links between children's early experience, emotional well-being and performance in school: A Practical Guide for Schools.
Heather Geddes

Observing Children with Attachment Difficulties in School: A Tool for Identifying and Supporting Emotional and Social Difficulties in Children Aged 5-11.
Kim Golding



BOOKS (CONT)

Know Me To Teach Me: Differentiated discipline for those recovering from Adverse Childhood Experiences

Louise Michelle Bomber

Observing Adolescents with Attachment Difficulties in Educational Settings.

Kim Golding

The Teacher's Introduction to Attachment: Practical Essentials for Teachers, Carers and School Support Staff.

Nicola Marshall

How to talk so kids can learn - at home and in school.

Adele Faber and Elaine Mazlish

Beyond consequences, logic & control!

B. Bryan Post and Heather T. Forbes

The MindUp Curriculum.

The Hawn Foundation and Scholastic

The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses.

Lauren Brukner

Attachment in common sense and doodles: A practical guide

Miriam Silver

Developing Attachment in Early Years Settings.

Veronica Read

Bubble Wrapped Children.

Helen Oakwater

The Simple Guide to Child Trauma

Betsy De Thierry

BOOKS (CONT)

Building Trauma-Sensitive Schools: Your Guide to Creating Safe, Supportive Learning Environments for all Students

Jen Alexander

Teaching The Child On The Trauma Continuum

Betsy De Thierry

Better Play: Practical Strategies for Supporting Play in Schools for Children of All Ages

Alison Woolf

A Toolbox of Wellbeing: Helpful strategies & activities for children, teens, their carers & teachers

Tina Rae

Working with Relational Trauma in Schools: An Educator's Guide to Using Dyadic Developmental Practice (Guides to Working with Relational Trauma Using DDP)

Louise Michelle Bomber

Belonging: A Relationship-Based Approach for Trauma-Informed Education

SIAN PHILLIPS (Author), DENI MELIM (Author), DANIEL HUGHES (Author)

Creating Trauma-Informed, Strengths-Based Classrooms: Teacher Strategies for Nurturing Students' Healing, Growth, and Learning

Tom Brunzell, Jacolyn Norrish

Building a Trauma-Informed Restorative School

Joe Brummer

Mind Mechanics for Children: A Mental Health Toolbox with Activities and Lesson Plans for Ages 7-11

Sarah Rawsthorne

Mind Mechanics for Teens and Young Adults. A Mental Health Toolbox with Activities and Lesson Plans for Ages 11+

Sarah Rawsthorne

BOOKS (CONT)

Language for Behaviour and Emotions: A Practical Guide to Working with Children and Young People

Anna Branagan, Melanie Cross, and Stephen Parsons

Conversations that Make a Difference for Children and Young People: Relationship-Focused Practice from the Frontline

Lisa Cherry

Connections Over Compliance: Rewiring Our Perceptions of Discipline

Lori L. Desautels

When the Adults Change, Everything Changes: Seismic Shifts in School Behaviour

Paul Dix

BOOKS FOR CHILDREN

Help I've got an Alarm Bell Going off in My Head!

KL Aspden

The Boy Who Built a Wall Around Himself.

Ali Redford

Invisible String

Patricia Karst and Geoff Stephenson

The Scared Gang books and Cards.

Eadaoin Bhreathnach

A Niffleenoo Called Nevermind: A Story for Children Who Bottle Up Their Feelings.

Margot Sunderland

The day the sea went out and never came back: A story for children who have lost someone they love.

Margot Sunderland

The Frog who longed for the Moon to Smile.

Margot Sunderland

Ruby and the Rubbish Bin (Helping Children with Feelings).

Margot Sunderland

How are you feeling today?

Molly Potter

Ish.

Peter H Reynolds

Beautiful Oops.

Barney Salzburg



BOOKS FOR CHILDREN (CONT)

Elfa and the Box of Memories.

Michelle Bell and Rachel Fuller

Morris and the Bundle of Worries.

Jill Seeney

A Safe Place for Rufus.

Jill Seeney

The Mermaid Who Couldn't: How Mariana Overcame Loneliness and Shame and Learned to Sing Her Own Song

Ali Redford

A Terrible Thing Happened

by Margaret M. Holmes

The Huge Bag of Worries

by Virginia Ironside

The Little Iceberg

Nicky Murray

The Little Iceberg Activity Book

Connected Baby

Little Mouse Finds a Safe Place

Ann Dix

PDFS

Making Space for Learning

<https://www.theactgroup.com.au/documents/makingspaceforlearning-traumainschools.pdf>

Meeting the needs of adopted and permanently placed children.

A guide for school staff

<http://www.pac-uk.org/wp-content/uploads/2017/10/Meeting-the-needs-of-adopted-and-permanently-placed-children-A-guide-for-school-staff.pdf>

PAC Guidance Cards

<http://www.pac-uk.org/wp-content/uploads/2017/10/PAC-UK-Cards-4-up.pdf>

Trauma Informed In School Classrooms

<https://www.elc-pa.org/wp-content/uploads/2015/06/Trauma-Informed-in-Schools-Classrooms-FINAL-December2014-2.pdf>

Creating Trauma Informed Schools

<http://traumasmart.org/uploads/creating-trauma-informed-schools.pdf>

A Framework for Sustaining Trauma Informed Schools

http://www.nctsn.org/sites/default/files/assets/pdfs/creating_supporting_sustaining_trauma_informed_schools_a_systems_framework.pdf

Trauma Sensitive Schools Checklist

<http://www.tolerance.org/sites/default/files/general/trauma%20sensitive%20school%20checklist%20%281%29.pdf>

Supporting Children Through Secondary Transition

<https://www.annafreud.org/media/13817/supporting-children-through-secondary-transition-final.pdf>



PDFS

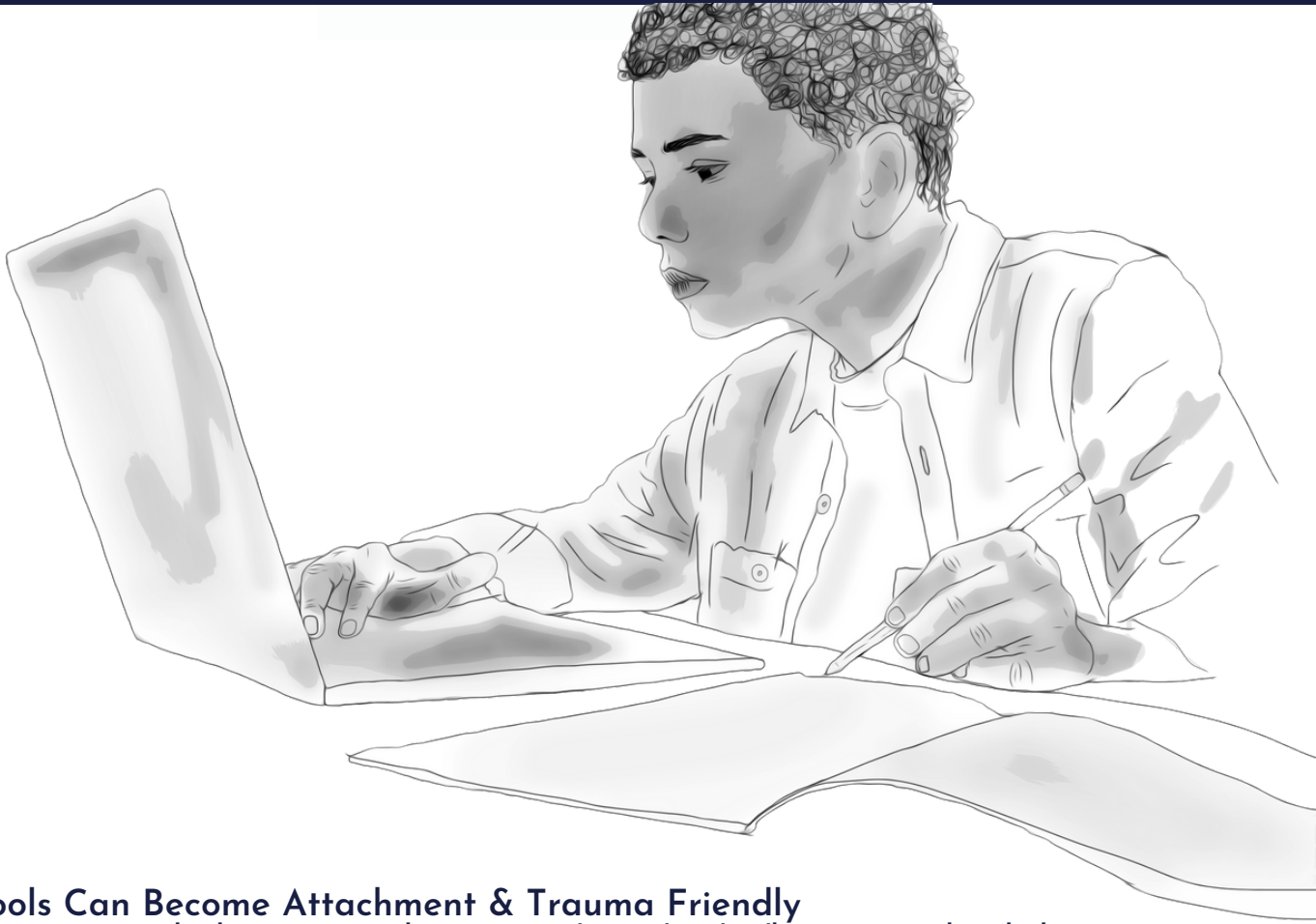
The Polyvagal Chart

<https://www.rubyjowalker.com/PVchart7HD.jpg>

PAC: Me & My World

<http://www.pac-uk.org/wp-content/uploads/2016/04/Me-And-My-World.pdf>

BLOG POSTS/BLOGGERS



How Schools Can Become Attachment & Trauma Friendly

<https://educationandadoption.wordpress.com/2018/02/12/how-can-schools-become-attachment-and-trauma-friendly-places/>

10 Things Every Teacher Needs To Know

<https://www.weareteachers.com/10-things-about-childhood-trauma-every-teacher-needs-to-know/>

Marbles

<https://meandminimees.wordpress.com/2016/11/24/marbles/>

Answers to Tough Questions

<https://www.weareteachers.com/childhood-trauma-expert-answers-to-tough-questions-from-real-teachers/>

Brain Development of Children from 0-6

<https://www.adam-mila.com/brain-development-children-0-6-years/>

Attachment, trauma, emotional regulation in school to make sense of 'nonsensical behaviour'.

<https://www.slideshare.net/HelenOakwater/scunthorpe-teachers-pdf-jan-2015>

Views and thoughts on all things permanence for children and Social Work

<http://www.alcoates.co.uk/>

USEFUL WEBSITES

<http://beaconhouse.org.uk>

<http://www.innerworldwork.co.uk>

<https://educationandadoption.wordpress.com/>

<http://www.pac-uk.org/education/>

<https://www.fasdtrust.co.uk/home>

<https://developingchild.harvard.edu>

<https://chateez.co.uk>

<https://www.bravehearteducation.co.uk>

<http://traumainformedschools.co.uk>

<https://traumaawareschools.org/traumainschools>

<https://www.babcockldp.co.uk/inclusion-and-ehwb/anxiety-based-school-avoidance>

<https://traumasensitiveschools.org>

<https://www.celandt.org>

<https://www.fagus.org.uk>

<http://www.nctsn.org>

<https://www.theopennest.co.uk>

<https://wearefamilyadoption.org.uk/resources/education>

<https://jillkuzma.wordpress.com>

<https://bwc.nhs.uk/youve-been-missed/>

<https://connectedbaby.net/>

<http://www.safehandsthinkingminds.co.uk/>

<https://www.bussmodel.org/>

<https://touchbase.org.uk/>



FREE PRINTABLES

Beacon House Multiple Resources:

<http://beaconhouse.org.uk/useful-resources/>

Inner World Work Multiple Resources:

www.innerworldwork.co.uk

Free Graphic Downloads

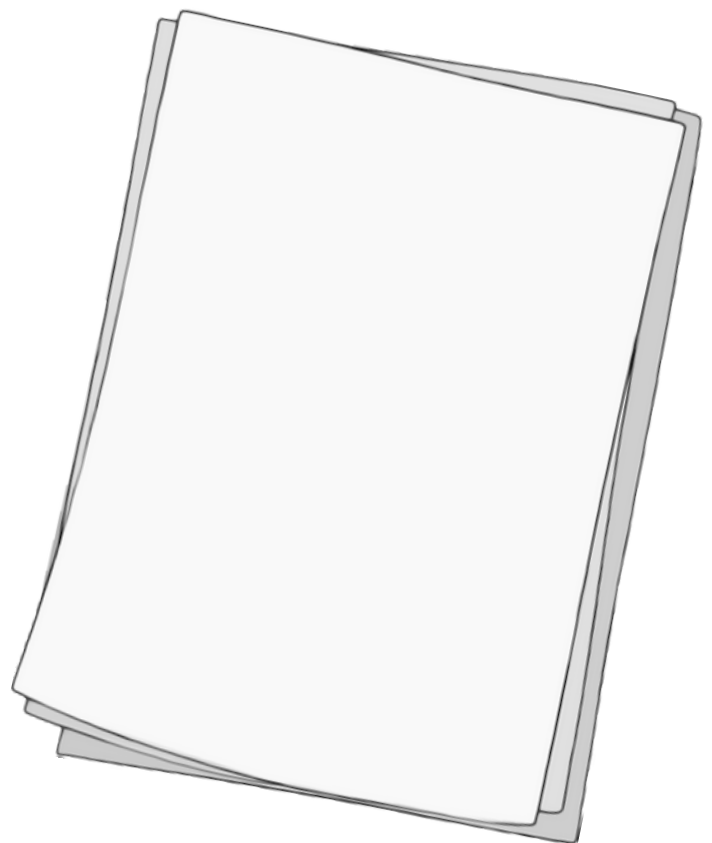
<https://northstarpaths.com/graphics-free-downloads>

Trauma Informed Schools

<https://www.traumainformedschools.co.uk/resources>

Safe Hands Thinking Minds

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>



PODCASTS

The Teachers Introduction To Attachment

<http://www.theteachersintroductiontoattachment.com/podcastpage/>

The Adoption & Fostering Podcast

<https://adoptionandfostering.podbean.com/>

Trauma Informed Education

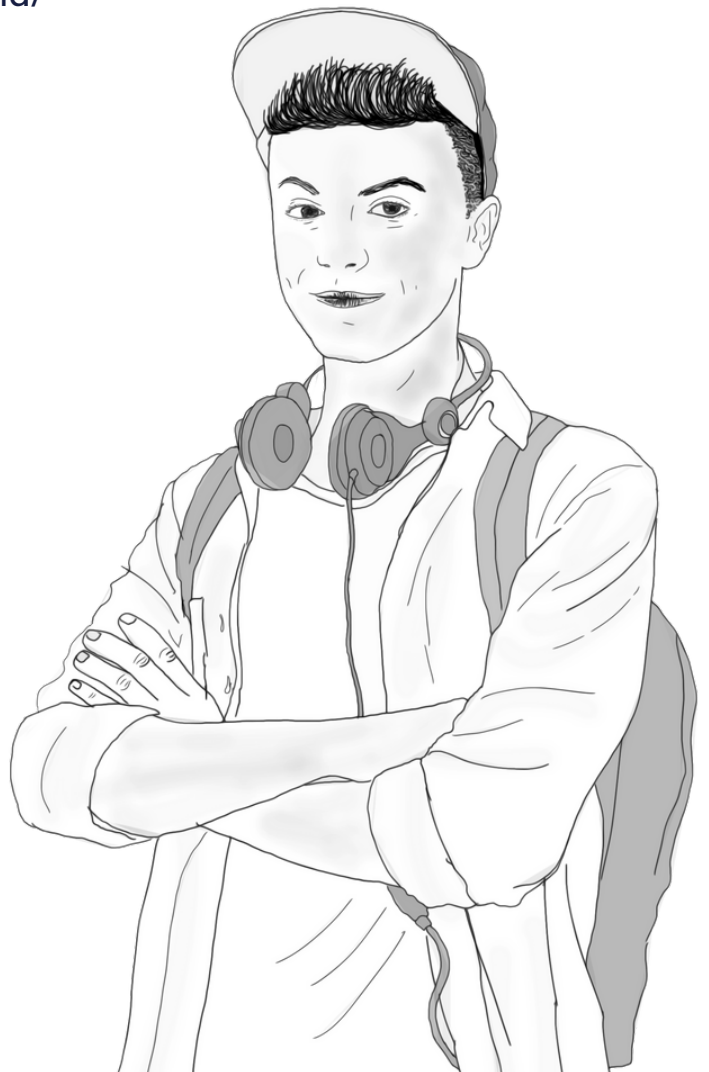
<https://podcasts.apple.com/gb/podcast/trauma-informed-education/id1202867697>

Trauma Informed Educators Network

<https://podcasts.apple.com/gb/podcast/trauma-informed-educators-network-podcast/id1480791597>

Voices From The Field

<http://www.turnweb.org/voices-from-the-field/>



PUPIL PREMIUM PLUS ADVICE

First4Adoption

<http://www.first4adoption.org.uk/adoption-support/education-support/pupil-premium/>

PAC UK

<http://www.pac-uk.org/wp-content/uploads/2014/08/PAC-UK-Education-Service-Pupil-Premium-Plus-Flyer.pdf>

Stuart Guest

<https://educationandadoption.wordpress.com/2018/03/14/pupil-premium-why-it-can-sometimes-be-difficulut-to-get-the-right-support/>

Julie Johnson

<http://squareoneattachment.co.uk/wp-content/uploads/2018/02/PP.pdf>



FILMS / YOU TUBE CLIPS

The Repair of Early Trauma

<https://www.youtube.com/watch?v=FOCTxcaNHeg>

The Window of Tolerance

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

James Story

<https://www.youtube.com/watch?v=1toKt7cY4vc>

School Survivors

<https://www.youtube.com/watch?v=btFwWnBHylU&t=6s>

Every Teacher Needs To Know Childhood Trauma

<https://www.weareteachers.com/video-every-teacher-needs-know-childhood-trauma/>

Every kid needs a champion | Rita Pierson

<https://www.youtube.com/watch?v=SFnMTHhKdkw&t=202s>

Trauma in the classroom: Learning lessons for neglected and abused children

https://www.youtube.com/watch?v=yC_3NNJE1XY&feature=youtu.be

Dan Siegel - Flipping Your Lid

http://www.youtube.com/watch?v=GOT_2NNNoC68

Brene Brown: Empathy

<https://www.youtube.com/watch?v=1Evwgu369Jw>



FILMS / YOU TUBE CLIPS

Learning Brain vs Survival Brain

<https://www.youtube.com/watch?v=KoqaUANGvpA>

The Mysterious Workings of the Adolescent Brain

https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain?language=en

How Childhood Trauma Affects Health Across A Lifetime

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Know Me To Teach Me

<https://vimeo.com/168805283?ref=tw-v-share>

Good relationships are the key to healing trauma | Karen Treisman

<https://www.youtube.com/watch?v=PTsPdMqVwBg>

Hold Space

https://www.youtube.com/watch?v=umlobJGLAQA&list=RDumlobJGLAQA&start_radio=1

Childhood Trauma Freestyle

<https://www.youtube.com/watch?v=SFeX93Sdwyg>

Does Your Face Light Up?

<https://www.youtube.com/watch?v=9Jw0Fu8nhOc>

The Little Iceberg Meditations - Breathing

<https://www.youtube.com/watch?v=J8UjNWLwp9M&list=PLMGHHdba9X18lNmMHifmbQlrlIdusAb9j5&index=2>

The Little Iceberg Meditations - Sensory Experiences

<https://www.youtube.com/watch?v=7zKuXuUeWOU&list=PLMGHHdba9X18lNmMHifmbQlrlIdusAb9j5&index=2>

FILMS / YOU TUBE CLIPS

Ian Wright meets old teacher

<https://www.youtube.com/watch?v=omPdemwaNzQ>

Adele meets old teacher

<https://www.youtube.com/watch?v=LbsFw3HtcvY>