



## “Trauma-Informed Teaching” Video Series: Related Resources

### Episode 3: How Trauma Impacts Behavior

#### Reflection Questions

#### Common Responses to Stress & Trauma

##### Fight

- Physical and/or Verbal Aggression
- “Power Struggles”
- Defiance/Refusal
- Tantrums
- Hyperactivity

##### Flight

- Leaving the Classroom
- Skipping Class
- Avoiding Work
- Anxiety
- Hiding

##### Freeze

- Shutting Down
- Dissociation (“Spaced Out”)
- Minimal physical, verbal, and/or emotional response
- Blank expression/Dulled affect

##### Fawn

- People-pleasing
- Lack of healthy boundaries
- Excessively helpful
- Afraid to make mistakes
- Takes on a caretaker role with peers



1. What type of fight, flight, freeze, or fawn behaviors have you noticed among students at your school?
  
2. Are there times during the times during the school day when you find yourself in a state of fight, flight, freeze, or fawn? What is something you can do in those moments to calm your stress response and/or prevent these situations from happening?
  
3. Imagine that a student has left your classroom and is wandering the hallways to avoid working on a difficult assignment.
  - Is this a fight, flight, freeze, or fawn response?
  - If you had the opportunity to talk with this student, how would you help them to **regulate** (calm their stress response)?
  - What is something you would say or do to **relate** to this student and empathize with them?
  - What is something you would say or do to **reason** with this student and help them to resolve the problem?

### Additional Resources

[Dr. Dan Siegel's Hand Model of the Brain:](#) This video introduces a helpful way to understand the brain's response to stress and self-regulation. [Dr. Siegel's](#) books on parenting and childhood development are also excellent resources if you would like to take your learning further.

[The Response to Stress:](#) This link allows you to download a free guide created by Ireland's Department of Education that gives an overview of the brain's response to stress and Dr. Bruce Perry's Neurosequential Model, helping educators to regulate, relate, and reason when working with students. [Dr. Bruce Perry's](#) books, talks, and youtube videos are also great resources to explore.