



“Trauma-Informed Teaching” Video Series: Related Resources

Episode 4: Behavior as Communication

Reflection Questions

1. What are some of the ways you build positive relationships with students?
2. What is something your school could do to make sure that every student is known by name and need; and that each student is connected to at least one staff member in the school?
3. When you are frustrated by a student’s behavior, what can you do to remain calm and self-regulated?

Additional Resources

Building Resilience in Students Impacted by Adverse Childhood Experiences:

This book by Ricky Robertson, Victoria Romero, and Amber Warner introduces the concept of behavior as communication and provides educators with strategies to help students’ talk, trust, feel, and repair.

Beyond Behaviors: Mona Delahooke’s book on “top down” and “bottom up” behaviors is a great resource for educators and parents.

Make Sure Each Child is Known: This video gives an example of a relationship inventory activity that helps educators to identify students who may not feel connected at school and take action to build relationships with them.