



Sound Discipline

A Trauma Responsive School Transition

Acknowledge

*Sense-making decreases stress.
Share the grief, fear, excitement and hope.*

Try this activity! 




Nurture Relationships

Among staff, students, and families.



WIGGLE MOVE LAUGH

Create Comfort

With calming activities, a special object from home, and a cool down space. 



Give Grace

Practice compassion for yourself and others.



Ask Students for Help

They have great ideas and want to contribute in meaningful ways.



IDENTIFY & NAME FEELINGS

Try these ideas! 

Connect Creatively

Build community from 6 feet apart with songs, rhythms and games.



Practice Routines

Predictability is regulating.



Simplify

Let go of expectations of what it "should" be like.



[Explore more resources here](#)