

Trauma-Informed Brain Breaks



Build safety in your classroom by checking in with a student:

- What will work best for you today?
- Empower students with agency to make their own decisions about what feels comfortable to them.
- Account for students individual life experiences



I invite you to take a comfortable seat for our brain break.

As we start, I invite you to either take a deep breath or find peace in your mind or body.

Now that we have ended, does anyone want to share how they feel?

Empathy Sounds Like...

**I can see
that you
are...**

**It seems
like...**

**Tell me
more
about...**

**It must
have been
really
difficult...**

**I am here
to keep
you safe.**

**Adults are
here to
keep you
safe.**