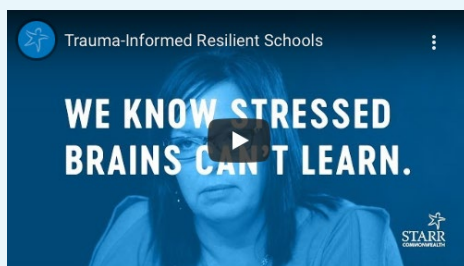
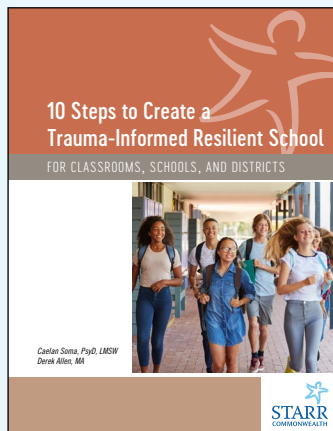


–Teacher’s Guide–

IMPACT OF STRESS ON LEARNING: HOW TO HELP



This week’s connection activities are from Starr’s [Trauma-Informed, Resilient Schools course](#), available online or at your location, and the book, “[10 Steps to Create a Trauma-Informed Resilient School](#).”

Welcome!

Trauma and toxic stress aren’t always rooted in the obvious. In many cases there is not just one thing that has happened but a constant experience of stress related to multiple exposures. As we focus on critical events that receive the attention of adults and even gain media coverage, it is often the day-to-day traumatic experiences impacting so many children that are forgotten. Chronic experiences such as living at or below the poverty line aren’t specific events but rather ongoing circumstances.

Activity included in this guide:

- Understanding Trauma’s Impact

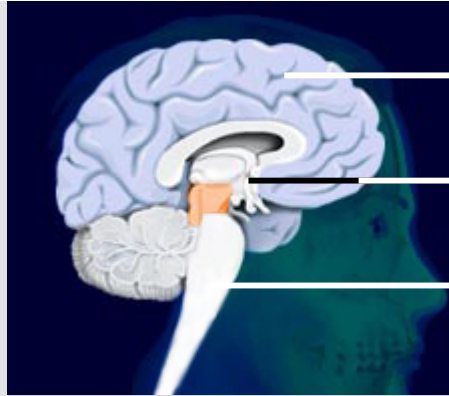
Even deeper connections are just a few clicks away! Learn more and begin your trauma-informed journey at starr.org/traumas-impact.

–Staff Worksheet–

Understand Trauma's Impact

TRAUMA activates the stress response. When the brain stem is activated, do the following physical symptoms increase (▲) or decrease (▼)? Circle the arrow below that applies.

- ▲ Heart rate ▼
- ▲ Respiration ▼
- ▲ Muscle tension ▼
- ▲ Blood flow ▼
- ▲ Cortisol ▼
- ▲ Adrenalin ▼



thinking brain

sensory brain

brain stem

When this activation lasts for LESS than four weeks it is called **acute stress**.

When this activation lasts for MORE than four weeks it is called **postraumatic stress**.

When stressed, the Thinking Brain:

WORKS WELL or DOES NOT WORK WELL

Name or describe three symptoms of trauma as a result of the stress impact on the Thinking Brain:

1. _____
2. _____
3. _____

When stressed, the Sensory Brain:

WORKS WELL or DOES NOT WORK WELL

Name or describe three symptoms of trauma as a result of the stress impact on the Sensory Brain:

1. _____
2. _____
3. _____

Students in trauma often react by engaging in fight, flight, or freeze responses.

Describe a student experience for each of the responses in the appropriate boxes below.

FIGHT

FLIGHT

FREEZE