



THE LENS OF TRAUMA NEWSLETTER

November 2020

Article and Video

How to Maslow Before Bloom, All Day Long

By Tom Berger

This Edutopia article and video explain the importance of making time for connections, brain breaks, mindfulness, activity time, and regulation strategies to optimize learning. Here is the link to the article:

https://www.edutopia.org/article/how-maslow-bloom-all-day-long?utm_content=linkpos1&utm_campaign=weekly-2020-09-30&utm_source=edu-legacy&utm_medium=email

Here is the link to the video "5 Ways to Maslow before Bloom":

<https://www.youtube.com/watch?v=f3sJ7YStsV4&t=40s>

MASLOW'S Hierarchy of needs



Bloom's Taxonomy



Video

Lessons from Lucy Laney Elementary School

The trauma-informed newsletter will focus on a series of videos that were done about Lucy Laney Elementary School in Minneapolis, MN. The first two videos provided an introduction to this series of stories. This video focuses on what schools need to do to reduce suspensions. Although the trauma-informed practices are implemented at an elementary school, they are applicable to all grade levels. These videos were done in 2017. Future editions of this newsletter will continue to focus on this video series.



"Lessons from Lucy Laney: Reducing School Suspension":

<https://www.youtube.com/watch?v=8wAwuSOIFdo>

Quick Tip

Use the student's name to get their attention. Say their name first, then give the direction. As Dale Carnegie said several years ago, "A person's name is to him or her the sweetest and most important sound in any language." Hearing our name activates the region of the brain that has to do with our self-identity and also activates the brain's attentional and arousal network.

Documentary and Docudrama

"The Mind, Explained" Documentary available on Netflix. There are episodes on anxiety and mindfulness.

"The Ron Clark Story" Docudrama focusing on the teaching career of Ron Clark, who taught in Harlem. Available on Amazon Prime and Tubi.