



SUPPORTING STUDENTS THROUGH CRITICAL INCIDENTS & UNCERTAINTY: A Trauma-Informed Approach to the Classroom

This is a 45-minute talk for teachers, followed by 15 minutes for Q&A

Date: Thursday, 23rd April

Time: 5pm - 6pm (GST; Dubai)

ABOUT THIS TALK:

We are returning to school while uncertainty is still present. Even when the environment is physically safe, the nervous system may remain on alert - scanning, anticipating, and carrying residual stress. This affects attention, behavior, and capacity in both students and teachers. During such times, the goal is to create enough stability for learning to gradually resume.

KEY TAKEAWAYS:

- Understanding the impact of uncertainty and alerts on the mental health, nervous system and performance of students and teachers
- A trauma-informed approach: Creating psychological safety through co-regulation, predictability, validation, and choice
- What to do before, during, and after an alert to psychologically support students (*checklists & real-time strategies*)
- Evidence-based tools for emotional and behavioral regulation (*grounding, TIPPP, self-soothing, cognitive skills*)
- Practical classroom strategies & checklists (*connection, lowering demand, accommodations including comfort items, daily reset*)
- When to seek additional support

FACILITATED BY:



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Register at: lighthousearabia.com/events

