

Understanding and Transforming Trauma

SMART Foundation and Strategies Group Activity Documents 2021



Brain Area	Key Principles for development & healing	Supportive Strategies
Brainstem		
Cerebellum		

Brain Area	Key Principles for development & healing	Supportive Strategies
Diencephalon		
Amygdala		

Brain Area	Key Principles for development & healing	Supportive Strategies
Hippocampus		
Cortex		

Brain Area	Key Principles for development & healing	Supportive Strategies
Prefrontal Cortex		
Medial Prefrontal Cortex		

Brain Area	Key Principles for development & healing	Supportive Strategies
Left Hemisphere /Right Hemisphere		
Vagus Nerve		



SMART PRACTICE – Site Audit Tool

This is an opportunity to reflect on the current application of the SMART PRACTICE framework across your site. This tool can also be used to plan further implementation strategies as a site plan. It is acknowledged that not all areas will be relevant to all sites however each area has value in terms of a holistic application of the skills and knowledge underpinning SMART PRACTICE.

In the following table, list strategies, policies or other processes that are currently undertaken that support each of the listed groups in each of the elements of the SMART PRACTICE framework.

SMART PRACTICE	Whole Site	Staff	Classroom/Group	Small Group	Individual Student/Child
PREDICTABLE					
RESPONSIVE					
ATTUNED					
CONNECTING					
TRANSLATING					
INVOLVING					
CALMING					
ENGAGING					

