

Trauma Responsive Practice in the Early Years Penrith 2021

Time	Content	Activity	Slide Number	Resources
9:30am	Welcome Learning outcomes Acknowledgement Icebreaker	Icebreaker activity: Body percussion. Making a thunderstorm.	PowerPoint Slides 1 to 3	PP Website – body percussion thunderstorm
9:45am	The ACF model of child centred practice Trauma and neurobiology	Introduce ACF model of approach Activity: Brain Quiz PP Work through slides. Activity: Joff – Lateral thumb finger activity	Slide 4 Separate PP Slides 5 to 12 Slide 13	PP Brain Quiz PP
10:30	Break	10 minutes		
10:40am	Trauma Impacts: Arousal Memory Attention Relationships	Talk through slides. Arousal - Small group activity: Two activities for each arousal state: Mobilised, Immobilised and Social engagement. Memory – Whole group activity: How do/can we support memory of our children?	Slides 14 to 26	
11:15	Nurturing a felt sense of safety	Talk through slides Small group activity: Slide 29. Example of factor that could cause feelings of unsafety Slide 30 and 31.	Slides 27 to 31	
11:40	Break	15 mins		
11:55am	Nurturing safe attuned relationships	Talk through slides Videos: Still Face Experiment, Engagement, P.A.C.E. Small group activity: Case Study – BJ. 3 groups to cover each relational approach. Hand out.	Slides 32 to 42	Case Study – BJ Handout

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12:30	Trauma Informed Practice Environment Audit	Small group Activity: Work through questions in Audit. Discuss each for about 3 minutes and individually identify by a ranking system which are top priorities.	Slide 43	
1:10pm	Summary	Whole group feedback from activity. Any questions?		
1:30	Finish			