Trauma-Informed Classroom Management & Restorative Circle Toolkit

Mitigating ACEs & Fostering Social-Emotional Resilience in Title I Schools

Clearwater School of Education - Phoenix, Arizona

NEUROBIOLOGY OF ADVERSE CHILDHOOD EXPERIENCES [ACES]

Chronic toxic stress elevates cortisol, impairing prefrontal cortex functioning, working memory, and emotional regulation. This toolkit trains educators to recognize hyper-arousal and hypo-arousal triggers as physiological stress responses rather than willful insubordination.

STRUCTURING THE CLASSROOM CALM-DOWN CORNER

Every classroom should establish a non-punitive calm corner equipped with sensory regulation tools [weighted lap pads, visual emotion wheels, sand timers]. Students learn self-monitoring strategies to de-escalate independently before returning to the learning community.

FACILITATING DAILY RESTORATIVE CIRCLES

Morning advisory circles build belonging through structured check-ins, values exploration, and affective statements. When interpersonal harm occurs, trained teacher candidates lead restorative conferences that repair relationships rather than relying on punitive exclusion.