



Music Ed Insights



Four Insights to take with you from... **What Trauma does to Our Students** with Nicole Cobb

Trauma definition - an emotional response to a terrible event.

- Typical responses fit into flight, fright, or freeze, and won't make logical sense to the observer - or even the traumatized. Covid is a unique situation because for some of our students, it consisted of multiple terrible events.

Taking care of **YOU** when dealing with traumatized students:

- Check your ego. When you have a history of success, it can be easy to...
 - take things personally when students act out.
 - assume you understand what's really happening.
 - always look so strong that you aren't relatable.
- Stay vulnerable and curious. Ask yourself "What could be happening inside them?"
- Remember that even 3-10 minutes of self-care can make a difference.

Taking care of **OTHERS** in a trauma-informed way:

- Constantly, through words and actions, send the message to your students that "I care about you as a human."
- Routine and consistency will comfort. Rigidity and inflexibility won't.

Activity ideas (listen to the cast for specifics):

- Start class by asking "hold up the number of fingers that show how your day is going."
 - Respond appropriately
- Start class with breathing exercises - just 1-4 minutes can help.
 - One stress-reliever is the "square breath" - in for 4, hold 4, out 4, hold 4, repeat.

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