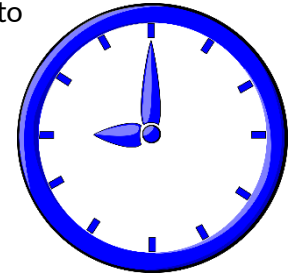


Trauma Informed Teaching – Part Two

Intentional Trust Building

The most important factor allowing students who have experienced trauma to learn and be successful in the classroom is feeling safe. One way to create a safe environment is to make ourselves “safe adults” with intentional trust building. One strategy toward building a trusting relationship with a student is the “Two By Ten” method. For ten consecutive days, the teacher greets the student at the classroom door and spends two minutes talking about any topics unrelated to academics or behavior.



In her study of a teacher supporting a student who was trauma-informed with a history of problematic behaviors, Minahan reports the success of this strategy. When the teacher didn't have the time to spend with her student, she would ask the counselor or special education teacher to cover her class for two minutes while she walked with the student to “check in.”



This teacher repeated the Two By Ten method throughout the year, after holidays and breaks and whenever the student exhibited anger or frustration. The result of this trust-building was an extinction of problematic behaviors in the teacher's classroom contrasted with up to three trips to the principal's office per week from the student's other classes. You can learn more about the Two By Ten method [here](#). You can find more information and tools for the trauma-informed classroom [here](#).

This is part of a series of informative articles from the SELF Team to spread best practices for diverse learners. In 2018, SELF integrated trauma informed teaching into its Leadership Fellowship curriculum. In 2020, SELF took the next step forward and created a teacher centered yearlong training program focused exclusively on trauma informed teaching. This year, SELF partnered with New Schools for New Orleans to create a trauma focused hub for ten schools across New Orleans. If you are interested in learning more about how your leaders, teachers or school may get involved with SELF, contact Jeffrey Rothschild at jrothschild@selfnola.org or by text/call at 504.250.7053.

Sources

<https://www.ascd.org/el/articles/the-two-minute-relationship-builder>

<https://resilienteducator.com/classroom-resources/trauma-informed-strategies/>