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Helping Kids Deal with Trauma & Stress

"With the closure of schools, stay at home orders, layoffs... stressed and traumatized children have been cut off from the teachers, counselors, and advocates who supported them when perhaps their families or caregivers could not. In this respect, it is not surprising that many refer to the months and years that will follow the COVID-19 pandemic as a "trauma tsunami." – The Traumatic Experience of COVID-19, Starr Commonwealth

Since 2017, a team from the Stark County Educational Service Center (SCESC) has worked to research, develop and implement evidenced-based trauma and resiliency models within our school system. This project set out to provide a learning environment that more effectively addresses elevated levels of trauma, toxic stress and resulting disruptive behavior within school districts. Along with many other sources, the team utilized specific strategies and resources developed by [Starr Commonwealth](#) that increase support to students, teachers, staff, administrators and families.

In response to the pandemic, SCESC – with funding secured by the Stark Education Partnership – has recently made the following resources available to families and anyone caring for children:



[One Minute Resilience Building Interventions for Traumatized Children and Adolescents](#)

This workbook is filled with age-specific, sensory-based intervention activities that focus on the major themes of trauma and resilience for children and adolescents ages 3-17 years old. All activities take less than 20 minutes to complete.



[Mind Body Skills: Activities for Emotional Regulation](#)

This resource contains five sections of mind body skill activities relating to breath work and movement; mindfulness; guided imagery; expressive art activities; and songs/finger plays and writing/journaling activities. Each section is divided into three age ranges: early childhood (age 3-5); school age (age 6-12); and adolescents (age 13-17).



The Stark Education Partnership (a 501(c)(3) non-profit organization) collaborates with education, business, civic and community members across the entire spectrum – cradle to career – to create and respond to opportunities that will provide ALL students with education and career success.

