



Four Oaks Education Services

Four Oaks Education is proud to offer a wide variety of trauma-informed and social and emotional learning topics focused on supporting educators to meet the always-evolving needs of students. The options listed reflect our most commonly requested learning topics, but we also provide customized learning to meet the specific needs of each district.

Most sessions can be modified for length and offered virtually as needed.

<p>Introduction to ACES & Developmental Trauma</p>	<p>Modern research has demonstrated that trauma in childhood can result in many physical and mental health risks later in life. The Adverse Childhood Experiences study helps explain how the brains of children who have experienced trauma look and act differently. Knowing this allows us to shift the mindset from "What's wrong with you?" to "What happened to you?"</p>	<p>60-90 min. session</p>
<p>How are You Feeling?: Introduction to Mood Meter</p>	<p>This session introduces Mood Meter, created by the Yale Center for Emotional Intelligence. The session provides background on its development and usefulness and provides practical strategies for using it in classrooms.</p>	<p>60-90 min. session</p>
<p>Everyday Mood Meter</p>	<p>This session provides a deep dive into the Mood Meter. It explores what to do when kids check-in and their emotions show they are not ready for the day's learning. Practical strategies are provided to help move kids to "center" so they feel safe to learn.</p>	<p>60-90 min. session</p>
<p>Stress and the Brain</p>	<p>Based on the study of neuroscience, we will learn and discuss how our brains are wired for connection and the effect disconnection has on us. We will view behavior through the lens of regulation and dysregulation and learn skills to build our capacity to co-regulate.</p>	<p>60-90 min. session</p>
<p>Completing the Stress Cycle</p>	<p>The alarm, resistance, and exhaustion stages of the stress response cycle help your body respond to stress. Learning how to complete the stress cycle can help you cope, decrease burnout, and reduce the damaging effects of stress on the body.</p>	<p>60-90 min. session</p>
<p>Language as a Lens</p>	<p>Let's face it, not all of us grew up with a restorative figure in our lives, so sometimes it's hard to know what to say to kids! Let's talk through and practice some practical ways to respond and build resilience when kids express anger, sadness, or tough feelings. It's less pressure than you think!</p>	<p>60-90 min. session</p>



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<p>Self Awareness, Regulation, and Co-Regulation</p>	<p>"A dysregulated adult can never regulate a dysregulated student." This session helps individuals identify what activates them and discover skills and strategies to regulate themselves. We will learn the powerful effects co-regulation can have on a student experiencing distress.</p>	<p>60-90 min session</p>
<p>Crisis and Extreme Behaviors - What do we do?</p>	<p>When students or adults are in crisis, it can be very challenging to know what to do at that moment. During this session, we'll discuss what's going on in the brain during dysregulation, how we can stay regulated during these events, and how to provide the support that reduces stress and risk and increases safety.</p>	<p>60-90 min. session</p>
<p>Introduction to Restorative Practices</p>	<p>Restorative Practices is the science of relationships and community and promotes the idea that people are more likely to change when those in authority do things "with" them, rather than "to" or "for" them. For those just beginning the journey with Restorative Practices, this session introduces key concepts (Social Discipline Window, Compass of Shame, and Affective Statements). It ends with engagement in a content circle about the ideas.</p>	<p>75-90 min. session</p>
<p>Introduction to Community Circles</p>	<p>This session provides a brief synopsis of the history, use, and effectiveness of circles as a means of building community and resolving conflict. Participants will engage in circle practice as well as learn how to craft and facilitate their own circle sessions.</p>	<p>75-90 min. session</p>
<p>Academic Content Circles</p>	<p>Circles are a great way to process content. Let's discuss how to incorporate this restorative practice into actual lessons so that we work smarter, not harder! This will include workshop time, so bring your lesson plan books. (Can be tailored to elementary or secondary levels)</p>	<p>60-90 min session</p>
<p>How to Integrate Circles in Your Classroom in 5 Minutes or Less</p>	<p>We all know relationships are important to the learning process. But finding time to commit to building connections is hard! We like the idea of 'micro-dosing' relationship building often and throughout the day. Learn a variety of ways to do that with a SEL OR content focus.</p>	<p>60-90 min session</p>



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<p>No Pressure SEL</p>	<p>Using the CASEL 5 competencies to guide this discussion, we will learn how to embed these skills into each aspect of the school day from the lunch room, playground, and into the classroom. We'll share how SEL can live beyond the curriculum and doesn't have to be just "one more thing."</p>	<p>60-90 min session</p>
<p>Enneagram 101: Intro to Enneagram</p>	<p>What we don't know about ourselves can hurt us and those we love. This session walks participants through the definition and application of the Enneagram personality typing system. When we know and recognize what is both the best and worst about us and what our core motivations are, it's easier to recognize behaviors we don't like and change them for the better.</p>	<p>60-90 min. session</p>
<p>Enneagram 201: Enneagram and Relationships</p>	<p>If you've attended Enneagram 101, this will be a helpful next step. When we know our number and others' numbers, what do we do with the information to have better relationships and more effective teams? Let's process through what this knowledge can mean for us!</p>	<p>60-90 min. session</p>
<p>Enneagram and Leadership</p>	<p>Using the Enneagram in a workplace setting encourages compassion, self-awareness, and more understanding of those around us. This session reviews the basics of the Enneagram and dives deeper into how this can be used to enhance vulnerable and effective leadership. <i>Target Audience: Administration, Teacher Leaders, Inst. Coaches</i></p>	<p>60-90 min. session</p>
<p>Trauma Informed Care</p>	<p>Using the perspective of 'universal precautions' we will define what 'trauma' means, learn how traumatic events can affect growth and development, and reflect on ways to support others in discovering 'post-traumatic growth' opportunities.</p>	<p>half day session</p>
<p>Trauma Informed Leadership</p>	<p>How do leaders truly model trauma-informed care with their staff? How do they set the tone for trust and vulnerability with their staff? This session focuses on building a trauma-informed environment from the top down by modeling and fostering trauma-informed mindsets and spaces. <i>Target Audience: Administration, Teacher Leaders, Inst. Coaches</i></p>	<p>60-90 min. session</p>



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<p>6 Trauma Informed Care Principles</p>	<p>What does Trauma-Informed Teaching look like? Learn small things you can do every day that help to create a trauma-informed environment that is a safe place for learning. This session will break down the 6 guiding principles and give you immediate action steps.</p>	<p>60-90 min. session</p>
<p>Trauma Informed Physical Environments</p>	<p>Creating trauma-informed Tier 1 physical environments integrates the principles of trauma-informed care when structuring spaces to create an environment that promotes safety, well-being, and learning.</p>	<p>45-60 min. session</p>
<p>Book Studies (virtual only)</p>	<p>Books are chosen based on the most up-to-date research on trauma, emotional regulation, emotional intelligence, and neuroscience.</p>	<p>45-60 min./ session</p>
<p>International Institute of Restorative Practices (IIRP) official training</p>	<p>Offered by certified IIRP trainers, this course offers the official IIRP Introduction to Restorative Practices and Utilizing Circles Effectively.</p>	<p>2 days in person</p>
<p>Mental Health First Aid-Youth (MHFA)</p>	<p>Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.</p>	<p>1 day in person</p>
<p>Consultation Services</p>	<p>The Education team is available for individual student and classroom observations, data analysis (conditions for learning, school climate surveys, etc.), trauma-sensitive assessments, and administrative consultation support.</p>	<p>per hour</p>
<p>Connections Matter</p>	<p>As part of Child Abuse Prevention strategies, Connections Matter aligns with Trauma Informed Care & Resiliency Theory to build a community network of supports, providers, and resources with the purpose of building protective factors around children and families in the community. The training can be offered as a brief introduction or through a half day training.</p>	<p>20 min, 50 min, 2 hr or 4 hr</p>