



**A Trauma Informed Approach to
Regulating Behaviour in the classroom**

Courses start January 2025

Meet Your Guide: Mandy Wilton



Hello! And welcome to Behaviour Bites. It's great to have you here. I've been a passionate educator since 1994. I've experienced the highs and lows of working across the education system in various teaching and leadership roles including Executive Headship. I've led Alternative Provision Academies, Special Needs Schools as well as mainstream Primary and Secondary institutions. Having witnessed some of the most extreme behaviours in our schools, I developed a real interest and passion for finding out why students behaved as they did and what I could do to help.

Student behaviour continues to be a major stressor for teachers. Therefore, I have made it my professional mission to enhance the lives of both students and staff within educational settings. My driving force lies in equipping educators with top-notch training to excel in behaviour management, employing a trauma-sensitive approach to understand children's behaviours deeply.

It's essential for educators to grasp the profound impact of trauma on students and cultivate emotional resilience to support them effectively. Drawing from three decades of experience in education, I've meticulously crafted a comprehensive learning programme, tailored to empower educators at both Primary and Secondary levels to create calm in their classrooms.

Background

Across the nation, there has been a concerning rise in adverse behaviours among children coupled with a decline in their self-regulatory capacities. The profound impact of the Covid-19 pandemic has been palpable, manifesting as a traumatic experience for both children and adults alike. It necessitates a profound introspection, urging us to perceive children's behaviours through a transformative lens.

This 10 module programme is designed to deliver concise yet impactful insights, equipping classroom teachers with knowledge and actionable strategies for implementation within the school environment. It promotes collaboration and connection between staff members through sharing experiences and courageous dialogues. Together, we embark on a journey of exploration, delving into the underlying causes of children's behaviours, while simultaneously reflecting on your roles as educators.



1	INTRODUCTION	A relational, trauma sensitive approach to managing behaviour
2	BEHAVIOUR AS A COMMUNICATION OF NEED	Emotions driving behaviour, therapeutic approach
3	BEHAVIOUR AS A COMMUNICATION NEED PART 2	Polyvagal theory and connection
4	TRAUMA IN THE CLASSROOM	Window of tolerance and tools for regulation in the classroom
5	CREATING A TRAUMA SENSITIVE CLASSROOM	Recognising Trauma, the Fight, Flight, Freeze response.
6	CO-REGULATION AND SELF REGULATION	How to teach regulation, strategies and techniques



7

PUNISHMENTS V CONSEQUENCES

The shame of punishment and the opportunities consequences provide for learning

8

CREATING CLASSROOM CULTURE

Routines, Environment, Rules
Creating certainty in the classroom

9

RESTORATIVE CONVERSATIONS

How to use restorative conversations to repair and restore relationships and learning

10

SHAMING

The emotional impact of shaming on children, language and body language

11

LEADERSHIP OF SELF REFLECTIONS

Emotional intelligence, leading ourselves, self regulation

Delivery Method

All prices are Per person

Method of Delivery	Who is it for	How will it be delivered	Cost	Duration
Licence to online platform for one year	Individual Schools and Multi Academy Trusts	Online learning platform	Per person licence 5-10 £42+VAT each 11-25 £40+VAT each 25-100 £37+VAT each Optional - 5 hours additional support with a Behaviour Bites Consultant (half hour or hour slots) £450+VAT	1 Year access
121 Ideal for educators who want/need individual support	Class teachers/ECT's	1 hour Zoom call every other week with personalised support	£997+VAT	18 weeks
Self Study Work at your own pace using an online learning platform	Any Education staff	Online learning platform	£47+VAT	1 Year access

Feedback

"The Behaviour Course has had a positive impact in our school by bringing our previous training once again to the fore, providing a catalyst for rich discussion to help us build on our good practice. The short videos are a wonderful and flexible way to share the key messages with all staff and the fact that they are delivered by a behaviour expert reinforces with the whole team that our approach is research-based and follows best practice".

Becky, Primary Head teacher

"I enjoyed the behaviour coaching sessions, Mandy was friendly and brilliant. She reminded me of techniques to use in class, was thorough using questions, observation and feedback to encourage and guide my teaching."

Wasinda, Business Studies teacher, Secondary

"The Modules have supported our staff team in building knowledge, understanding and confidence in supporting behaviour effectively. The bite-sized chunk element has helped facilitate ongoing professional dialogue and brave conversations - whilst also providing opportunities for self-reflection on our every day practice"

Claire, Primary Head teacher



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Let's Connect: