

Building Healing Relationships

Trust is key in any relationship, but even more so in relationships with students who have traumatic experiences. Build trust through consistency:

Consistent Attendance



Attend sessions regularly and be present in the moment

Rituals



The “Hello” slide, special handshake, dance, or game you play each session

Clear and Consistent Expectations



Using the Ready Position to redirect your student.

Fun is an evidenced based way of building trust.

Rapport-Building Strategy: SMILE
Make it fun! Be silly! Tell a joke, laugh, talk about your favorite candy. To build rapport with your young student, you may need to step out of your comfort zone.

SOUNDS	MOVEMENT	IMAGINATION	LAUGHS	ENERGY
<ul style="list-style-type: none">VoicesImitate animalsWhistleDrumBellsVocal impressions	<ul style="list-style-type: none">Stand/sitHigh fivesStretchClapWaveMake facesSimon Says	<ul style="list-style-type: none">PetsPictures on your desk or phoneStuffed animalsEmojisHouseplantsYour collection of _____	<ul style="list-style-type: none">Funny facesMagic tricksFunny propsFake sneezeSlow motionCostumesSilly jokes	<ul style="list-style-type: none">Variety of expressionsVocal dynamicsConsistent rewardsExaggerated reactions



Use the SMILE strategy to help build rapport with your student.

Use student's interests in the lesson – for example, do they like basketball? You can pretend to shoot a basket after every slide.

S A D
S A P
M A P
C A P
C A B
L A B
L A G

The Problem Solving activities at the end of the lesson is a time to have fun while working together.

Move Stretch
Brain Break
Talk Play a Game

Brain Breaks are a great time to have fun with your student.