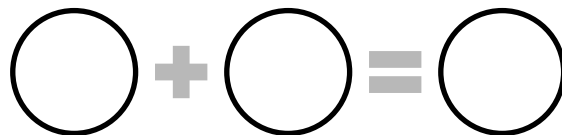


## Trauma-Informed Skills Building Worksheet

Define the following:

1. **Public health:** \_\_\_\_\_
2. **Universal precautions:** \_\_\_\_\_
3. **Physical safety:** \_\_\_\_\_
4. **Emotional safety:** \_\_\_\_\_
5. **Trauma:** \_\_\_\_\_



### Neurosequential Model (NSM) Activity: Put in NSM order

1. Child doing a puzzle; child working on math problems; child playing checkers
  2. DJ'ing a party; Dancing to music at a club; Dancing to music in your room
  3. Insight focus; safety focus; interpersonal focus
  4. Asking children to identify feelings; Asking children to identify consequences of their actions; asking children to identify colors in the room
  5. Reading a book, going to a book reading, writing a book.
- **Come up with 2 different NSM series on your own.**

## Develop patterned, repetitive somatosensory activities actively!

### Client activity: Physical Grounding

**Instructions: Scale negative feelings 0-10 (10 being the worst). Keep your eyes open and use all your senses. Re-rate your negative feeling after. Did the number go down?**

- Run cool or warm water over your hands and notice how you feel
- Grab tightly onto your chair as hard as you can, think only of this feeling
- Touch various objects around you: a pen, keys, your clothing, the table or door, and notice or compare textures, colors, materials, weight, temperature
- Dig your heels into the floor: literally "ground" them, notice the tension centered in your heels as you press down and say, "I am connected to the ground"
- Place equal weight on all four sides of each foot touching the ground as you feel grounded say, "I feel grounded"
- Carry and touch a grounding object in your pocket: feel the texture, weight, temperature of a small rock, a ring, a piece of cloth or yarn, a crystal, a shell
- Jump up and down: feel your body rise and fall, notice your breathing and how high you jump, ask yourself, "How do I feel jumping?"
- Notice your body: the weight of your body, wiggle your toes, feel your back against the chair, notice you are firmly connected to the world
- Stretch: Extend your fingers, arms or legs as far as you can, slowly roll your head around and breathe deeply, stand and stretch one side and the other
- Walk slowly: notice each footstep and contact with the ground, repeat a word with each step "left" "right"
- Eat something with mindfulness: describe the flavors, textures, smells, colors, notice the food going into your body and how your body responds
- Focus on your breathing: notice each inhale and exhale, repeat a pleasant word to yourself on each inhale, your favorite color, a soothing word such as "safe" "easy" "relaxed"

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Program design:

1. Apply Neurosequential Model: (sensory) → (connection) → (cognition)
2. Address the three stages of trauma recovery (Herman): (safety/present) → (mourning/past) → (reconnection/future)
3. Public health treatment: Focus on safety, skills-building, structure of design, self-regulation, self-protection

