

Holiday Season Tips

Trauma-Informed Practices for Educators



Recognize possible student struggles.

The holiday season will not be easy for every student. Some students may be coping with loss or experiencing challenges at home.



Don't assume students know common traditions.

Explaining traditions as discussed helps students feel included even if they have not participated in the traditions previously.



Check in with students.

Creating opportunities for students to talk about their feelings related to the holidays can help them process their emotions.



Help students create new traditions.

Creating new traditions helps students feel like they are a part of something meaningful and positive.



Maintain consistent routines.

Although there will be changes due to the holidays, providing predictability as possible can help students feel safer.



Provide at-home activity options.

Providing easy activities, such as coloring pages or word searches, can make it easier for students who struggle being at home during the day.



Prepare students for schedule changes.

When there are changes in the schedule, let the students know in advance and explain why the change is occurring.



Avoid isolating questions.

Questions like "What did you do over winter break?" or "What gifts did you receive over the holidays?" may make some students feel left out.



Offer alternatives to parties.

Some students may feel uncomfortable or overwhelmed at parties. Providing calm alternatives can help these students.



Ask forward-looking questions.

Ask questions like "What are you looking forward to when we come back from winter break?" or "What are you excited to start learning about?"



To view the resources used and find more information, view the following pages:

[B-Hero: Strategies for Winter Break Toolkit](#)

[Empowering Education: Tips for Winter Break Anxiety](#)

[Sunfield Center: Connection between Trauma and the Holidays](#)