

1. List a few characteristics of Generation Alpha that stand out to you.
2. Discipline can _____ or _____ a child's well-being.
3. What are some of the drawbacks from using traditional behavior charts?
4. The four elements of the Circle of Courage are:

5. If the circle is broken, you end up with a _____ sense of self.
6. How could you build a sense of **belonging** for preschoolers?
7. What are examples of what preschoolers can **master**?
8. What does **generosity** look like for preschoolers?
9. _____ of America's kids have had one traumatic event in their lifetime.
10. Trauma in children often manifests itself outwardly (also known as _____).
11. List several signs of trauma -
12. What is one thing you can do as a teacher to help yourself?



13. Instead of saying “Why aren’t you following directions?”, you could say...

14. Going to the “Calm Down Corner” is a matter of _____, not _____ -
whether good or bad.

What is ONE thing I learned today that I will implement in my classroom today?

