

Trauma and Emotional Regulation

Quiz

<https://www.youtube.com/watch?v=eUL6lxASgQs&authuser=1>



Handout
9-21-21.pdf

When you complete this quiz, please email to isrc@isrc.us

1. What are three types of trauma?
2. What is a way to remember the purpose of the hippocampus?
3. What does it mean that trauma is not an event?
4. How can defiance be a strength?
5. Why do reward charts not work when a student is in survival mode?
6. What are the three R's of de-escalation?
7. Describe three of the six regulation strategies.
8. What are two ways to provide safety and predictability?
9. What is an example of a social job?
10. Select one of the mindfulness for kids acronyms – what does it stand for?