

Trauma Simulation Guide

Do not share this with participants. You will use it as a guide to facilitate the simulation. This activity is intended to build empathy for those who have lost loved ones and belongings due to tragedy. It is often emotional for participants and can make them very uncomfortable. We recommend The following trigger warning prior to starting the activity:

This is a trauma simulation. We ask that you participate in the activity to the best of your ability. If at any point you are unable to continue participating in the activity, please move to the back of the room or step outside. You can rejoin the group when the simulation is completed.

Now, read each of the items on the list. Repeat each one once and give a few minutes for participants to complete each task

1. On a piece of paper, make three columns.
2. In the first column, write the names of 5 people that you love and adore (pets can be included).
3. In the second column, write 5 things that you love and adore.
4. Share your list with your neighbor.
5. Cross off one item on each side. That person and thing are no longer in your life.
6. In the third column write how it felt to cross that person and thing off your list.
7. Cross off another person and thing. Write another feeling.
8. Notice in your body where you are feeling what you are feeling.
9. Cross off number three. Discuss in your groups the feelings that you have written down.
10. Cross off one more person and one more thing. Write another feeling if you have one. Sit quietly and honor how you are feeling. Where/how do you feel that?
11. Cross the last person and thing off. Write down your feelings. Unfiltered. You don't have to share.

Closing discussion questions:

- 1) How are the experiences of our students similar or different from this simulation?
- 2) What is the value of teachers understanding the physical effects of trauma?