

Name: _____

Date: _____

Calm Classroom PBL

X E T R O C L A T N O R F E R P U H P E J Q Z M
V H P T R A U M A I N F O R M E D C A R E X C D
W C H R O N I C S T R E S S T X N G Z P Q E T H
E X L U S S V Z R Q X J P X B N W U F S O R W H
M P R Y S W E Q I D F I M E M T Q H N C O A C S
O G W A E P K L U M I F J B E L K P P E X C O L
T P I S N S Q Z F E R L O S I T R O C C Y F W P
I C W X L Q H S U R V I V A L B R A I N T L F B
O T J Z L F V M Y S E U D G Z A H R H E O E N H
N K E K U I Q O A J K G T V G B I D T I C S J I
A C N Y F O M D E T A L U G E R S Y D L I J N Y
L A O M D Z H Y G G R L C L L S L H E I N O K D
R J I B N N J P A A X D R Z A E N O E S F R M A
E I T H I N K I N G B R A I N T R R D E R A T S
G H A R M A V N W S Q F M N P S I Z C R S R E V
U A L E F U S S E R T S C I X O T O S S S S V M
L L U G S Q C F V A O U X X F J I F N T N M X L
A A G U R D S Q R E N R O C M L A C W E C Y B M
T D E L D W D F B L M U V B S C A R S C N C E C
I G R A T C R F I G H T F L I G H T F R E E Z E
O Y F T L R C Y N K P D X S K A C E S T R B G N
N M L E C O P I N G M E C H A N I S M S N V P J
O A E D J S Q L F Z H U P C E S B A Z Y F P I W
R U S E X E C T U T I V E F U N C T I O N I N G

executive functioning
emotional regulation
self- regulation
survival brain
toxic stress
resilience
oxytocin
PCEs

fight, flight, freeze
pre-frontal cortex
amygdala hijack
chronic stress
dysregulated
self-care
cortisol
ACEs

trauma informed care
coping mechanisms
thinking brain
mindfulness
calm corner
regulated
senses