

# Maslow's Hierarchy

"When I feel safe and felt, I learn."

For Trauma Responsive Practices and Meeting Deficiency Needs of *Students*

ESTEEM CORTEX  
STRUCTURE  
STRATEGIES

How do I handle negative situations?  
When these situations occur,  
what do I typically say to myself?

Text

What are three calming  
and regulatory strategies that  
feel good to me?

LOVE AND BELONGING LIMBIC  
STRUCTURE STRATEGIES

What statement could I  
create that would  
encourage me in difficult  
times?

Who can I trust?  
Who sees me?

Who notices what is  
going well? Who sees  
my strengths?

What do I need?  
Am I tired? Am I  
hungry?

How much water  
have I had over the  
past 24 hours? Is it  
enough?

PHYSIOLOGICAL AND SAFETY  
BRAIN STEM  
STRUCTURE  
STRATEGIES

What feels  
calming  
to me?

Do I  
feel safe?

Text  
Text

1. Talking to ourselves - This can be very calming and helpful when we feel anxious or stuck with a problem or challenge. When we talk to ourselves, we are actively reaching out to a friend (ourselves), and what you can name, you can tame.

2. Create Brain Maps- What are our maps of safety and maps of experiences that feel scary or fearful?

3. Create a wall of experiences that trigger you and coping strategies that calm you.

4. Create a story about your "Wise Self". Include any details about your "Wise Self" - what calm or soothing statements or words would you like to hear from your "Wise Self"?

5. My Brain's Garden - What is your water and sunlight that you need to grow?

1. Touch Points and '2 by 10' Strategy

2. Noticing, greetings, gentle nonverbal communication, positive referrals

3. Morning meetings, journals, letter writing

4. Brain reflection surveys, active constructive responding, validation

5. Questions that guide collaboration, parent touch points, mentoring, co-teaching

6. Leadership roles that are brain aligned (i.e. observer, kindness keeper, architect, artist, neuroscientist)

7. Hugging, holding hands

1. Going outdoors, sunlight, water, and crunchy snacks

2. Rhythmic movement, massage, yoga, balancing, TRE exercises, dancing, carrying weighted objects, doing heavy lifting - weights in the amygdala reset area

3. Peaceful brushing, music, poetry, Dr. Seuss readings with a rhythm, knitting, crocheting, needlepoint, coloring, using multiple art mediums (painting, sketching), choral singing

4. Tapping, hand massages, chewing gum, using pain relief gel, applying pressure, feeling the coolness from a fan or the heat from hand warmers, scented blankets, aromatherapy, Focused Attention Practices

5. Creating routines, safe environments, and trusted connections with adults

6. Comforting and soothing spaces that feel calming

7. Rituals that include a talisman or mantra

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