



RESILIENCE IN SCHOOL ENVIRONMENTS

RISE UP 

UNDERSTANDING AND PRACTICE

Program Description

RISE UP is a **livestream online** workshop designed to explore the prevalence and potential impact of trauma and stress on behavior and offer strategies to help navigate challenging interactions. Teaching Artists from Kaiser Permanente facilitate the **90-minute session** employing theatre, experiential learning and arts integration techniques to engage participants in their own discovery and practical implementation.

Educational Objectives

RISE UP participants will:

- Apply a trauma-sensitive lens to challenging interactions
- Understand the role of self-regulation in creating a trauma-informed environment
- Learn and practice self-regulation tools to use in moments of stress and conflict

Program Details

Time: 90 minute Learning Session

Audience: Teachers, school staff, and administrators

Number of Participants: Maximum of 100

For more information or to book contact: Curtis Robbins Curtis.j.robbins@kp.org