

Traumatic Experiences

One in four children in the U.S. endures more than one experience that causes physical, emotional, or psychological distress and threatens their safety, health, and happiness in big and lasting ways. But with the presence and attention of a caring adult, these experiences don't have to define a child's life trajectory. The resources in this digital bilingual initiative will:

- nurture healing interactions between kids and adults;
- build coping and resilience skills; and
- create understanding around trauma.



Comfy-Cozy Nest

The initiative features a story in three formats:

- digital storybook
- video
- digital interactive (kids create their own nests)

In the story, Big Bird imagines his own safe place, where he can feel more peaceful inside.

Site Resources www.sesamestreetincommunities.org/topics/traumatic-experiences

Videos

Muppets model coping strategies in “Mantra Moments”:

- “Give Yourself a Hug”
- “Count, Breathe, Relax”
- “I Can Feel Safe”
- “Let Your Feelings Out”
- “Slow Down and Settle Down”
- “I Can Do It”
- “I Can Calm Myself Down”

In addition, “In Our Hands”, a 2-minute animation (for providers only), presents a baby's and a toddler's response to witnessing domestic violence.

Printable Pages

- Asking for Help (crisis hotlines)
- 2 pages of yoga activities
- 3 parent-child coloring pages
- The “I Can” Flower (kids' activity page)
- My Safe Place (instructions for imagining a safe place)

Articles & Other Content

- Using These Resources
- What Are Traumatic Experiences?
- Responses to Traumatic Experiences, Age by Age
- Helping Kids Self-Soothe
- Breathing Strategies
- Self-Expression...Without Words
- H Is for Hope

Professional Development

A webinar with Ann Thomas, President/CEO of The Children's Place, a leading trauma-informed agency.

Made possible
with support from



**Robert Wood Johnson
Foundation**

Traumatic experiences are a big deal...but Big Bird's got a big spirit, a big heart, and big dreams.