

Prompts for a trauma informed lens

This activity can stimulate compassion around students healing and wellbeing. The trauma lenses can help staff begin seeing situations from students or folks who experience trauma point of view. A trauma-informed lens also help students name and reframe their experiences. Use these prompts to inform the development of systems and policies that are centered on healing and wellbeing.

If you need help developing programming, systems, and/or activities that are healing-centered, please email: bourneanewllc@bourneanew.com for more assistance.



Fully covered - entirely unaware.



Speckled - Our perception of the world is limited to brief aspects.



Rose-colored - A pink tint can metaphorically represent viewing objects positively.



Distorted vision - somewhat clear w/ thin film and heavily scratched



Magnified - signifies a heightened state of awareness.

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What lens(es) most determine how I see the world around me?

When did I first learn to look through that lens?

What does that lens reveal?

What does that lens ignore/distort?

How has viewing the world through this lens help or hurt me?

REFLECTION
QUESTIONS