
BACK TO BASICS

A TRAUMA-INFORMED SCHOOL WELLNESS PARTNERSHIP

Helping educators regulate, reconnect, and build healthier school communities.

WELLNESS THAT REACHES BEYOND THE WORKSHOP

Educators carry more than lesson plans. They navigate growing workloads, emotional demands, student needs, and the quiet weight of supporting entire communities. Back to Basics gives school teams practical tools to understand stress, regulate the nervous system, establish healthy boundaries, and strengthen connection.

RESTORE | RECONNECT | REIMAGINE

PROFESSIONAL LEARNING • STAFF WELLNESS • SCHOOL CULTURE

Created and facilitated by Ebony Smith, MS, E-RYT 500, YACEP

THE NEED

Educator wellness is a systems issue.

Individual self-care matters, but it cannot carry the full weight of demanding working conditions. Sustainable educator wellness grows when personal regulation, collegial connection, leadership support, and clear organizational practices work together.

BACK TO BASICS ADDRESSES FOUR CONNECTED NEEDS

01

SELF

Regulation, boundaries, rest, and sustainable practice

02

TEAM

Trust, communication, co-regulation, and collective care

03

LEADERSHIP

Supportive expectations, modeling, and follow-through

04

SYSTEM

Referral pathways, evaluation, and long-term integration

THE THREE-TIER PARTNERSHIP MODEL

1

RESTORE

90 MINUTES TO 3 HOURS

A practical introduction to stress, nervous-system regulation, secondary traumatic stress, accessible movement, mindfulness, and school-day application.

PRIMARY OUTCOME

Participants leave with tools they can use immediately.

2

RECONNECT

4- TO 6-WEEK SERIES

A guided professional-learning journey through regulation, boundaries, communication, rest, resilience, and collective care.

PRIMARY OUTCOME

Participants build consistent, sustainable wellness practices.

3

REIMAGINE

SEMESTER OR SCHOOL YEAR

A deeper partnership combining staff learning, leadership coaching, assessment, monthly practice, referrals, and evaluation.

PRIMARY OUTCOME

Wellness becomes part of the school culture and operating rhythm.

THE LEARNING JOURNEY

Six modules. One sustainable pathway.

MODULE 1

Stress, Safety & Regulation

Understand stress responses, recognize activation and shutdown, and practice grounding.

MODULE 2

The Educator Nervous System

Explore fight, flight, freeze, and shutdown without labeling or diagnosing behavior.

MODULE 3

Boundaries, Burnout & Secondary Stress

Distinguish stress from burnout, recognize emotional overload, and establish caring limits.

MODULE 4

Trauma-Informed Communication

Use language that supports dignity, choice, clarity, listening, and co-regulation.

MODULE 5

Rest, Resilience & Sustainable Practice

Build realistic micro-practices through movement, mindfulness, guided rest, and reflection.

MODULE 6

From Self-Care to Collective Care

Connect personal wellness to team culture, leadership practices, and referral boundaries.

EVERY SESSION FOLLOWS A TRAUMA-INFORMED RHYTHM

ARRIVE

LEARN

EXPERIENCE

CONNECT

APPLY

INTEGRATE

CHOICE AND CONSENT ARE BUILT IN

- Participants may keep their eyes open, change position, take a break, or choose an alternative practice.
- No participant is required to share personal trauma or explain why they decline an activity.
- Movement and mindfulness practices are invitations, not tests of compliance or performance.

MEASURING WHAT MATTERS

Practical outcomes for people and schools.

PARTICIPANT OUTCOMES

- Greater understanding of stress and secondary traumatic stress
- Increased confidence using regulation strategies
- Healthier boundaries and sustainable wellness habits
- Stronger trauma-informed communication skills
- Clearer understanding of professional scope and referral needs

SCHOOL OUTCOMES

- A shared language for stress, regulation, and collective care
- Stronger staff connection and psychological safety
- Practical wellness routines that fit the school day
- Leadership insight through surveys and participation data
- A foundation for longer-term wellness planning

EVALUATION OPTIONS

Pre- and post-program surveys | Attendance and completion | Practice consistency | Participant reflections | Leadership summary | Midyear and final reports

MEET EBONY SMITH, MS, E-RYT 500, YACEP

Ebony Smith is an educator, school leader, mindfulness specialist, yoga teacher educator, and founder of YNDH Wellness. She holds a Master of Science in Mindfulness, Texas teaching credentials, and extensive experience supporting educators and communities across the United States and internationally. Her work is accessible, culturally responsive, community-centered, and rooted in choice.

Scope: educational wellness and professional development; not psychotherapy, diagnosis, counseling, or emergency support.

BRING BACK TO BASICS TO YOUR SCHOOL

Let us shape a wellness pathway around your staff, schedule, and school community.

SCHEDULE A CONSULTATION

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