



- Guidance Lesson -

What's Your Story?

Objective: Provide an opportunity for staff members to look at their students from a different perspective.

Estimated Time: 20-30 minutes

Materials: chart paper, [ACEs questionnaire](#), [childhood trauma article](#), pens/markers

Activity/Discussion:

1. Divide a piece of chart paper into 2 sections: Our Kids- What they go home to and Our Kids- What behaviors we see.
2. Ask for volunteers to offer ideas in order to create a list under these two categories.
3. Pass out childhood trauma articles and have staff get into groups of 3-4.
4. Instruct the groups to read the article and be prepared to share 2-3 take-aways they learned from the article.
5. After the take-aways are shared. Pass out the ACEs questionnaire and have staff members complete it on their own. Ask if anyone would like to share their thoughts after you have given them time to complete it.

Reflection:

1. Reflect back on “difficult” students you have encountered. How likely is it that their ACEs score was high?
2. How does getting to know a student’s story impact your role on this campus?
3. What is one action you can take to make an effort in regards to combating a student’s ACEs score(building resilience)?
4. **Closing thought:** How different would our campus be if instead of asking “What’s wrong with this kid?” we ask “What’s happened to this kid?”.