

Always start with yourself.
Ask: Am I regulated?

No

Yes,
I'm calm

1. Regulate self first.

1.

2.

Take a moment. Observe.
Ask: Is this student regulated?

Yes,
student is calm.

No

3. Build relationship, Use language, Think about underlying need, Teach new skill.

1. I notice that...

2.

3.

4.

2. Regulate student.
Ask: Where does the energy need to go?
Up or down?

1.

2.

3.

4.

Does #3 need to be supported or reinforced with a classroom wide strategy?

No

Yes

Incorporate lessons into preplan for yourself & student

4. Teach skill, classroom wide.

