Regulation Skills
What We Will Know and Do

- understand the importance of regulation skills
- explore several strategies that can be used for regulation
Why this is important

STRONG Self-Regulation Skills
Explicitly teach self-regulation

- set aside a planned time to teach: morning meeting, advisory, first 5 minutes of class, lunch group, etc.

- identify skills to teach
  - use a curriculum
  - develop your own areas of focus
  - provide a variety of activities

- provide opportunities for practice

- discuss and self-reflect
Provide prompts to students

• close your eyes and relax your muscles

• take 10 deep breathes

• think about something that makes you happy

• picture a stop sign

• hit the pause button
Activities for regulation

- Write in a journal
- Read a book
- Listen to music
- Exercise
- Change activities
Use of Visuals

Take a Deep Breath

Smell the flower

Blow the pinwheel
Movement
Calm Space
Mindfulness/Guided Meditation

- mindful minutes
- breathing exercises
- yoga stretches
- activities led by teacher or video
Which strategies can you teach and use into your classroom to help students to self-regulate?

How will you make sure you follow through with incorporating regulation skills into your daily routines?
Instructions: Identify one of the strategies we have discussed (or one of your own ideas) that you would like to try. Pick something that will take relatively little effort to implement.

Think about particular students you would like to use the strategy with

- Why did you pick the strategy you did?
- How would you put it in place or get started?
- How would you practice it? Or how would your students practice it?
- What will your immediate next steps be?
Team Talk: Review the “How”

How will you adjust your practices to support learning for students who have experienced trauma?

How will you involve families and students in practices?

Fill this in on your Action Plan under “Objectives and Action Planning”
Nine Ways to Ensure Your Mindfulness Teaching Practice is Trauma-Informed

https://youtu.be/m4UGDaCgo_s

https://youtu.be/uMuJxd2Gpxo