

# Regulation Checklist

In stressful situations, it can be hard to remember our preferred strategies for helping students regulate their emotions. This checklist can help you remember which strategies work best for you so you'll be ready next time you need them.

## Check the strategies that work for you:

- Invite them to slow down and take a breath.
- Give them choices like, "Where would you like to sit?"
- Use a soft tone of voice and soft facial expression.
- Ask them if they want to move around or get a drink of water.
- Take a breath with them and model ways to settle.
- Invite them to pat, rub, or squeeze their hands and upper arms. Do this along with them.
- Offer ear plugs or heavy pillows.
- Take a step back to give them more space.
- Make an empathy statement like, "I also get frustrated when..."
- Get down on their level.
- Encourage them to take all the time they need.
- Let them know it is OK to shake/tremble and encourage them to use this impulse to let energy out of their system.
- Reassure them that you are there to help.
- Help reorient them to something else (a nearby poster, plant, or mural; something relaxing and peaceful).
- Put on your "oxygen mask." Take a breath, check your internal state, get yourself grounded, and feel your feet on the floor.