

CO-REGULATION FOR TEACHERS AND STUDENTS

1. Can you draw it?
2. You are safe.
3. I can do this.
4. Why do you think that is?
5. What will happen next?
6. I am unstoppable.
7. You are not alone in how you feel.
8. Let's go for a walk.
9. Let's watch your thoughts pass by.
10. Let's take some deep breaths. (Lazy 8, Pinwheel, Bee, Breathing Star, Smell the Flower)
11. How can I help?
12. Tell me about it.
13. You are so brave.
14. Which calming strategy do you want to use right now?
15. We'll get through this together.
16. Let's go to your happy place.
17. Is this a big or small problem?
18. Remember when you made it through...
19. Help me move this wall.
20. Let's write/tell me a new story.
21. Let's think of some positive self-talk you can tell yourself.
22. How do you feel? I feel...
23. Would it help to sit somewhere else in the class? (By teacher, another student?)
24. Is something triggering you right now?
25. Do you need to take a break in the Comfort Corner?