

Co regulation strategies :

https://www.educalme.com/tbe150/?mc_cid=5021e8bb92&mc_eid=6c24aeab89

Importance of teachers being regulated first.

<https://www.educalme.com/welcome/> (for free ressources)

<https://drive.google.com/file/d/1qwkRGTXC6msaFby5uDQ4mZUWgL4pEuOx/view?usp=sharing>

1. Routines and repetitions for regulation

Goal is to “head them off at the pass”

Routine of calm.

First thing and transitions in the morning for example - start to self regulate in advance, as it becomes built in.

2. Use a breathing strategy - (see print out linked above)

3. Use movement breaks - mindful movement

4. Calm place activity

5. Journal - Gratitude

6. Coloring, art therapy.

7. Invest time (timers up on board) lights off.

8. Self care during the school day with students... The door to learning is shut when stressed.

9. Regulation is part of learning : self care, regulation must be modeled, enjoyed with students.

10. mindfulness practice- establishing what works.

11. Not added to the plate to stress you out more - we are human, we have emotions, we need to self care during work time. Co regulate together

12. Educalm is a co-regulation programme because it encourages teachers to regulate so that they can pass it on to their students...